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Hoboken, New Jersey

"I like the taste of M... MENTHOL a lot and ... the cigarette. I won't..."

"I've tried other brands but ...t like MERIT MENTHO... ...er."

—Sharon J. Leach
Guntersville, Alaba...

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—Richard J. Fitzgerald
N. Canton, Ohio

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"I like MERIT MENTHOL ...ecause there's more ...faction and it's pleasing ..."

—Donald M. Reddi...
...spers, Pennsylvania

"MERIT MENTHOL 100's are milder than any I've smoked prior to this. They're satisfying."

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"I like the tast... MENTHOL. It'... taste. It's not ... too strong, it..."

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...G. Doeb...
...Kentucky

...the best... ...tried, an... ...est."

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Marion, North Caro...

"M... cigar... we..."

...00's are a milde... ...or which is wha... ...hey are satisfying"

—Mrs. Frances C...
Lakeland, Florida

MERI... and I borro... and I liked it."

Chic...

...ter three years of ...king MERIT MENTHO... ...on't buy any other kind."

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tisfy me. I like them better
an any other cigarette."

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Oroville, California

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e that I like. I'll stay
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Warnerville, New York

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ERIT satisfies my taste
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—Charles A. Rice
Nashville, Georgia

"To me, MERI
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"We were
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garette we fou
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"I tried 3 or 4 brand
d MERIT tasted bette
an any of the others."

—Darrell R. B.
Chico, California

"MERIT satisfies me more.
has a flavor to it. It's just
ht."

—Rheta A. Skolaris
Burton, Ohio

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0's so I don't have any reason
switch to another brand."

—Mary Kay Mastrangelo
Muse, Pennsylvania

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ERIT. I don't like anything
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Gibson
orgia

"I tried
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smoking
I liked the
over."

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Argyle, Texas

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switch from them."

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Oakland, California

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best."

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Scottsboro, Alabama

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ther cigarette I've

—Mrs. Herbert P. Moore
Jackson, Mississippi

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nbrook, Illinois

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good cigarette."

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the least tar and nicotine."

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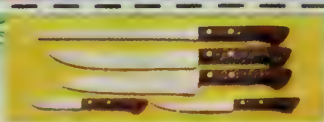
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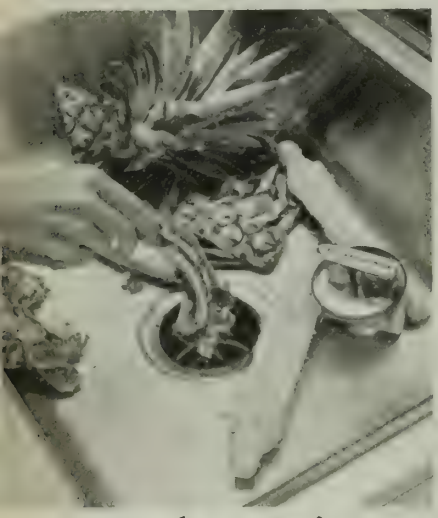
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- *Pickles and relishes*

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GOOD WAYS TO SAVE ON INSURANCE

Like everything else, insurance costs are reacting to inflation. Except for life insurance, most premiums are on the rise. So are the amounts you should cover—what it would cost to meet your family's daily needs, pay for medical care, and replace or repair property. How can you keep your insurance costs in check, without jeopardizing your overall protection? Here are ten strategies to consider.

1 Take advantage of group

Group insurance generally is the least expensive coverage you can buy—especially since it's often paid for, at least in part, by your employer. If your job does not provide coverage, look for other ways to get in on group plans. Unions and professional organizations are two good possibilities.

Take advantage of any additional coverage your employer's group life plan offers. You'll pay extra for the coverage, but it should cost you less than buying on your own.

One caution: Group insurance is just the foundation of your family's protection. You'll probably need to supplement its coverage with individual policies or other group plans. Also remember that you have just 30 days after leaving the job to convert group coverage to an individual plan without having to pass a physical exam. That conversion may not be your best move from a cost or coverage standpoint, so compare alternatives promptly.

Make sure your family is protected some way or other while you are between jobs. A second breadwinner's medical coverage may be enough. Interim health and life policies are also available from several companies. For interim life coverage, consider a guaranteed issue plan, usually sold by mail; it may be the best temporary protection you can get in a hurry.

2 Compare policies

Not only does coverage differ among policies; premiums for similar coverage can vary as well. It can pay to shop around.

One way to compare life policies is through the "interest adjusted" method—an index designed to compare whole life policies in terms of their cash value plus what their premiums could have earned if invested rather than put into insurance. An agent can provide the index number for specific policies. Your insurance commissioner's office (located in the capital city of your state) can tell you where that index number falls in relation to other policies. Check with local consumer groups, too.

Don't rely just on cost comparisons, however. Higher premium costs may be more than offset by other factors, such as the agent's ability to serve your needs, as well as the company's financial stability and reputation.

With auto and homeowners policies in particular, look into the company's track record for handling claims. A cut-rate premium does you no good if you have trouble collecting.

3 Look for discounts

For example, some life insurance companies offer nonsmokers a good savings on their regular premiums. A few companies even give you a break when you demonstrate that you follow a regular program of physical fitness.

For auto insurance, look into discounts for such things as multiple-car coverage, safe driving records, average mileage driven, car pooling, driver's education courses, and good grades in school. Consider potential insurance costs when you buy a car, too. High-powered "muscle" cars are lots more expensive to insure than others. Also, more and more companies are revising premiums in terms of what it costs to repair specific car models; the higher the record of repair costs, the higher the premium.

For homeowners coverage, many companies will hold down premiums when you take certain safety measures in your home to protect against loss by fire and theft.

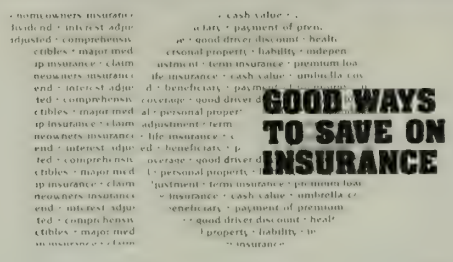
4 Review your coverage regularly

It takes special diligence if you are to keep your insurance up to date without spending money unnecessarily. You may find it wise to raise some coverage while you drop other coverage as circumstances change.

One area that requires special at-

continued

continued



tention is your homeowners policy, since home values are rising so rapidly. Make sure you maintain coverage for at least 80 percent of the current value of your house. Otherwise, the company may pay for partial damage to your home on a depreciated basis rather than at current repair cost figures.

Also review personal property coverage under your homeowners policy. The value of some items—like silverware—has risen dramatically. You may well want to get more coverage in a rider to your present policy or in a separate policy.

5 Raise deductibles

The deductible is the amount you pay out of pocket for a claim before the insurance takes over. The lower the deductible, the higher the premiums. Even though a low deductible would be a boon if you had an accident, you may decide it's advantageous to up your deductible and reduce your premiums.

On a typical major medical policy, for example, you can cut your premium about 20 percent by raising the deductible from $250 to $500, and by 45 percent if you go from a $250 to a $1,000 deductible. On a homeowners policy, you'll save about 20 percent by raising the deductible from $100 to $500. For auto collision and comprehensive, figure about a 35-percent savings for a jump from $200 to $500. With auto comprehensive, you'd save about 30 percent by hiking the deductible from $50 to $200. Remember that with casualty losses you may retrieve some of your costs by taking a casualty loss deduction on your tax return for whatever your insurance does not pay beyond the first $100.

6 Drop what you don't need

Once your kids are grown, you might want to adjust your life coverage accordingly—dropping some coverage, or refocusing your insurance plans to your retirement needs. Review all your life coverage with such flexibility in mind.

If you and your spouse are employed and pay for group medical insurance through your jobs, compare policies to see if some coverage overlaps. Most group medical plans won't pay duplicate claims, so you could save a few premium dollars by trimming one or the other policies. Also consider dropping collision and comprehensive coverage on older cars.

7 Pay premiums annually

Companies sometimes add as much as 5 or 10 percent to the premium when you pay in installments. It's much better to plan on paying just once a year and then put one-twelfth of that amount in savings each month. Not only will you escape the installment-plan hike; you'll also earn interest on your money at the same time.

If you follow that approach for all your insurance premiums, the gain can be considerable. Just make sure the savings account is one that won't penalize you for withdrawing funds at any time. A day-of-deposit, day-of-withdrawal passbook account is best for these purposes, unless you can tighten your savings to take advantage of longer term savings vehicles that pay higher interest rates (such as six-month certificates).

8 Get a good agent

It generally pays—in peace of mind, if nothing else—to have an expert agent help with your insurance planning. Look for someone who takes the time to explain your options and follows through responsibly. Word-of-mouth reputation is probably the best indication of an agent's worth.

An "independent agent" may offer the widest variety of services. Although an agent who works just for one company may steer you to competitive policies that are better for you, you can't count on it. Also don't overlook the "direct writer" agents. Even though they're bound to their own policies, those policies may indeed be the right ones for you. Rely on your own instincts and research to decide.

9 Keep adequate records

One way to save on insurance is to collect everything you're entitled to, and good documentation will help. With a casualty loss in your home, you'll probably need proof of your loss, such as sales slips and canceled checks. Try to create a "household inventory" listing all of your possessions, when you bought them, and for how much. Update the list at least once a year by itemizing everything in each room in the house, and taking snapshots of your possessions.

Other family members should have a clear and current idea of your overall insurance coverage. List all policies—life, health, homeowners, auto, disability, etc.—with numbers, companies, and agents' names. Keep the list in an easily accessible place, and put a copy in your safe deposit box, along with a copy of your household inventory and snapshots.

10 Don't skimp where it counts

Cutting premiums just to save money may end up costing your family lots more in the end. Weigh the risks carefully, giving special thought to potentially huge losses. Medical expenses, for example, can bust a family's budget; at the minimum, try to get adequate major medical coverage to protect you in the event of a serious accident or illness.

Also, don't cut back on your liability coverage. Juries are awarding huge settlements these days, and you may be a target. You might want to consider purchasing an "umbrella" policy—$1,000,000 coverage for about $100 a year—to protect you against huge liability claims. Most experts feel that even the average family should carry auto liability protection for 100/300 ($100,000 per individual, $300,000 per accident).

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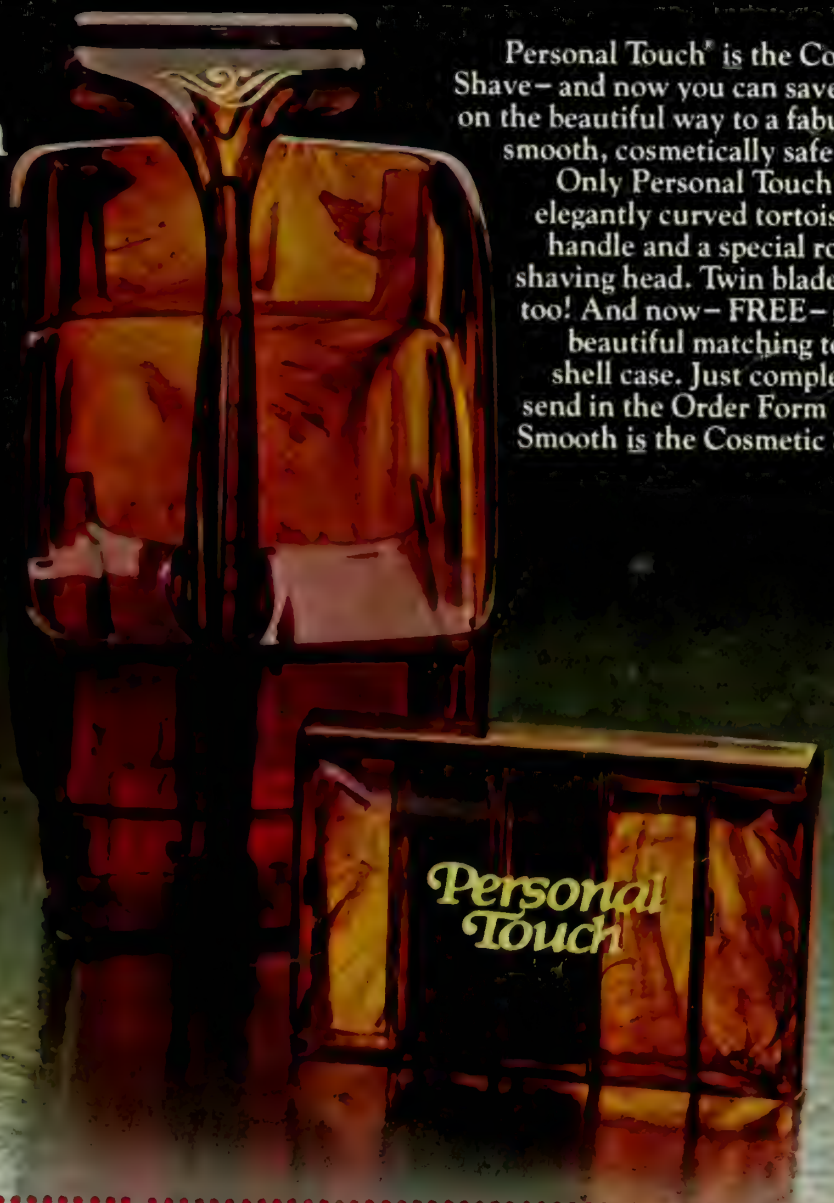
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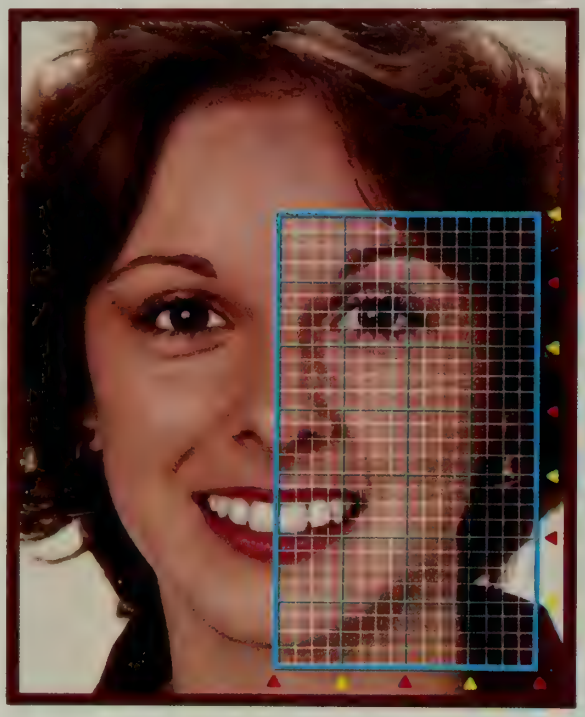
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Dan Kaercher

A GUIDE TO

Plastic Surgery



Mention plastic surgery and the first thing that comes into most people's minds is "cosmetic" surgery—face-lifts, nose jobs, and other procedures that enhance or rejuvenate the face or body. Yet a more vital, if less publicized, facet of plastic surgery deals with "reconstructive" techniques that can mean a normal life for those disfigured by cancer, congenital defects, burns, and accidents. In cases of severe disfigurement, the need for surgery usually is without question. But only you can decide whether a bothersome feature warrants surgery. Even many insurance companies have difficulty deciding what makes a given cosmetic procedure medically necessary. Someday a member of your family may choose—or be forced—to consider plastic surgery. Here are the facts you should know before you decide.

What are the risks?

It's important to keep in mind that no surgery is "minor." Complications always are a possibility. And the results of plastic surgery aren't instantaneous. Usually swelling, bruising, and discomfort occur after surgery, and healing takes weeks, occasionally months.

Also, any incision made on the skin will leave a scar, although the skilled surgeon conceals the scar as much as possible by making the incision in a skin fold or within the hairline, for example. Further, an incision that heals with a fine line in one person may leave a raised, depressed, or wider line in another. Some areas of the body also are particularly prone to scarring—among them the back, chest, and outside of the upper arm.

What are the common cosmetic procedures?

Saggy eyelids, a "turkey-wattle" neck, a nose with a bump—all respond to cosmetic surgery. Here are some of the procedures that have been popularized by the famous, and now are widely used:

- **Rhinoplasty (nose surgery).** To shorten an overlong nose or reduce a hump, incisions are made inside the nose so that scars do not show afterward. Excess bone and cartilage are removed; the tip often is elevated and reshaped. At the same time, breathing difficulties can be corrected by modifying the septal cartilage separating the two sides of the nose. To narrow flared nostrils, incisions may be made on the outside in the crease between nose and cheek. Parents should know that elective work on the nose of a child is deferred until after the nose is adult size—usually after age 15.
- **Mentoplasty (chin surgery).** To increase, reduce, or otherwise modify the chin, surgery may be done from the inside of the mouth or from under the chin. Bone or cartilage transplants, or silicone rubber or synthetic implants, are used when the chin requires building up. Chin defects often are corrected at the same time as the nose, to ensure facial harmony. **Lipectomy**, the removal of a double chin, is often done along with a face-lift.
- **Rhytidoplasty (face-lift).** An incision is made from the temple hairline down around the ear and into the neck hairline. Sagging skin of the face and neck is pulled up, excess skin is removed, and the edges are sewn together. Neck muscles may be adjusted as well. The improvement is said to last about five to ten years; a face-lift can be repeated as necessary.
- **Forehead-lift.** This procedure may be done alone or as part of a face-lift. The incision is made in the scalp across the top of the head behind the hairline; then the wrinkled or furrowed brow is lifted.
- **Blepharoplasty (eyelid surgery).** This operation also may be done alone or as part of a face-lift. The incision is made in the fold of the lid and the excess fat and skin are removed. A similar procedure is used to correct bags under the eyes; the incision is made just below the lower lashes. At the same time, an eyebrow-lift may be performed, with the incision just at the upper edge of the eyebrow. This helps reduce furrows around the eyes. A chemical peel (essentially, a controlled "burn" of the outer skin layers) may be done to remove crow's feet.

continued

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continued

Plastic surgery

• **Mammaplasty (breast surgery).** Besides reconstruction after cancer and reduction of abnormally enlarged breasts (see the following section on reconstructive techniques), mammaplasty includes augmentation of the breasts. A silicone gel or liquid prosthesis is inserted from an incision in the lower crease of the breast, around the nipple, or in the armpit. Reputable surgeons do not use injectable silicone to enlarge breasts because it may form lumps or drift elsewhere in the body.

• **Hair transplants.** To counter baldness, small plugs of about ten hairs each are taken from areas of the scalp with denser growth and placed in bald or balding areas. A number of transplant sessions are required, depending on the extent of the area being filled in.

Another procedure involves swinging a flap of hair-bearing scalp from the side to the front of the head. The resultant scars at the donor site will be hidden by hair.

Caution: Transplants of "synthetic" hair are *not* recommended as a remedy for baldness. The body rejects the foreign material, and infection and subsequent scarring are common.

• **Body sculpting.** Surgery is no substitute for dieting, but if a person has lost massive amounts of weight, the excess skin and fat that remain can be trimmed from upper arms, abdomen, buttocks, and upper thighs. Although these areas are more prone to scarring than the face is, the scars don't show when a person is clothed.

• **Minimizing scars.** To improve the appearance of acne scars, raised scars, pigmented spots that often come with aging, and fine wrinkling (especially around the mouth), several options are available. Both dermabrasion and chemical peeling may be used to remove the outermost layers of the skin; while the defects won't be completely eliminated, the skin will be smoother.

What are some of the reconstructive techniques?

The distinction between a "cosmetic" procedure and a "reconstructive" one can be blurry. The correction of cleft palate and repair of the skin after burns are clear examples of reconstructive surgery. But correction of protruding ears, abnormally enlarged breasts, and birthmarks might be considered cosmetic by some, reconstructive by others.

• **Breast reconstruction.** This follows mastectomy for cancer and involves implantation of a breast-shaped mound containing silicone gel or saline solution (or sometimes both) in sealed inner and outer layers.

If necessary, additional skin and muscle can be provided in the form of a flap transferred from the patient's side and back. The nipple can be constructed by using the nipple of the opposite breast or with skin from other parts of the body.

When covered by clothing, the reconstructed breast generally looks reasonably normal, although scarring and imperfections are apparent when the patient is nude. The surgeon tries to make the reconstructed breast feel similar to the original breast.

The reconstruction can be done at

continued

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continued

Plastic surgery

the time of the mastectomy or later, after healing takes place. Even women who had mastectomies ten, 15, or more years ago can benefit from reconstructive surgery.

"Breast reconstruction is appropriate for any woman who prefers an implant to the use of an external prosthesis," says Dr. Reuven Snyderman, professor of plastic surgery at Rutgers Medical School, Piscataway, New Jersey.

Breast reconstruction can improve the quality of life for victims of breast cancer by concealing the constant reminder of the surgery. The fact that the option exists can help those women who might otherwise postpone or avoid treatment because of their concerns about appearance.

- **Breast reduction.** This procedure may help women with enlarged, sagging breasts that may cause back, shoulder, and neck pain. Breast reduction also may be performed on men whose breasts become enlarged, usually due to a hormonal imbalance, and adolescent boys with enlarged breasts.
- **Repairing skin after burns.** Often there isn't enough undamaged skin left on a severely burned patient for all the necessary grafts. After removing skin from the donor site, the surgeon may have to wait for skin to regrow, then repeat the procedure. A dozen or more operations may be required.

But today, the process often can be speeded up, thanks to newly developed techniques. One allows the surgeon to "stretch" skin to two or three times the original size. Another approach involves the use of alternate strips of skin from the patient and skin from a donor. The donor skin acts as a "biological bandage" until the patient's skin can grow in.

- **Reconstruction of cleft lip and cleft palate.** These procedures are necessary to correct defects that occur in one out of every 550 babies born in the U.S. each year. Surgery usually is sufficient to close both the external and internal openings. If the hole in the palate is particularly large, an appliance that resembles a denture may be required to correct the problem.

Orthodontic treatment can help straighten teeth that are out of alignment; bridgework may be used to replace missing teeth or stabilize the dental arch.

- **Otoplasty (ear surgery).** "Pinning back" or reducing floppy or protruding ears is most successfully done just before a child enters elementary school (by age five, the ear is adult size). The procedure can, of course, also be performed on adults. The scars are concealed in the folds behind the ears.
- **Minimizing birthmarks.** Those that do not disappear or get smaller after several years sometimes can be improved by plastic surgery. Many physicians recommend concealing port-wine stains on the face with flesh-colored waterproof makeup rather than attempting surgery. In some cases, surgery produces a lumpy surface that is more unattractive than the original mark.

What about youngsters with serious birth defects?

Birth defects of the skull and face are known as craniofacial deformities. Children who are afflicted with such defects require complex plastic surgery procedures, many of which were developed only in recent years. The surgeon's goal in such cases is to normalize the appearance of the youngster by the time he or she reaches elementary school age.

For all children with such deformities, "surgery is essential, but not by itself sufficient," says Dr. Jeffrey Marsh, director of the Cleft Palate and Craniofacial Deformities Institute at Washington University in St. Louis. "These children have problems with speech, hearing, dentition (the teeth), vision, and psychological adjustment that require a team approach by a number of professionals."

How do you choose a doctor?

Several types of specialists perform the different procedures discussed in this article. Some plastic surgeons, for example, limit their practice to reconstructive work, while others concentrate on the more cosmetic procedures. Certain other "regional specialists" focus on specific parts of the body—the face or hand, for example. An ear, nose and throat specialist (otolaryngologist),

continued



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Bell System

continued

Plastic surgery

head and neck surgeon, skin specialist (dermatologist), eye specialist (ophthalmologist), chest surgeon, or oral surgeon—among other specialists—may be best qualified to treat your particular problem.

Since more and more people are talking today about cosmetic procedures, word-of-mouth may put you in the hands of a perfectly satisfactory plastic surgeon. But don't rely only on a friend's referral. Ask your family doctor about a particular surgeon and about the procedure you're considering.

Check the *Directory of Medical Specialists,* available in public libraries, for the names of specialists in your area. (Remember to check listings under the "regional specialists" mentioned above.) Referrals also can be obtained from your local medical society. Another alternative is to get suggestions from the nearest university medical center.

Don't make your choice immediately. Talk with two or three physicians. The money you spend on consultation fees may be a good investment—for one thing, it can help you decide exactly what you want to have done. (Inquire about any consultation fee beforehand by phone.)

What to ask the doctor

These are key questions:

- Does the doctor specialize in the procedure you are considering?
- Does the doctor have board certification in the specialty? This means the doctor successfully completed an approved training program and passed a qualifying exam in the specialty.
- How many years has he or she been in the field?
- How many operations of this type does he do annually?
- Exactly what's involved and where will the scars be?
- Will he or she take "before" and "after" photographs?
- Will the doctor perform the operation or supervise others? Who will provide your postoperative care?
- Where will the surgery be done? Today, an increasing number of elective procedures are performed on an outpatient basis, either in a hospital or a physician's office. That keeps costs for the facility lower than they would be for a hospital. Moreover, the fact that a local anesthetic generally is used for outpatient surgery reduces the risk of the operation.
- What are the fees? Costs for procedures can vary greatly, depending on the region and the physician. Many plastic surgeons expect to be paid in advance for cosmetic surgery. They say this assures that the patient can afford an elective procedure, and that the patient won't try to avoid payment after surgery by claiming there was a minor flaw. Advance payment can benefit the patient, too, because it assures that there will be no additional charges.

Also expect to have the doctor ask you some questions. He or she will want to find out about your psychological motivation. Many doctors will refuse to operate on individuals who seek a cosmetic procedure because a spouse or friend thinks they need it, because they feel a single feature such as an overlarge nose is blighting their entire life, or because they expect the surgery to save a deteriorating marriage. Surgery alone without accompanying psychological counseling almost never makes such people happier. Plastic surgeons say your wanting to look better is reason enough.

For more information

The professional organizations that offer these booklets also will supply you with names of qualified physicians in your area:

- *Plastic and Reconstructive Surgery* and *Breast Reconstruction Following Mastectomy for Cancer,* American Society of Plastic and Reconstructive Surgeons, 29 E. Madison St., Suite 800, Chicago, IL 60602. (The booklet is available at no charge.)
- *Aesthetic-Cosmetic Surgery, What it can and cannot do,* American Medical Association, Order Dept., OP 208, P.O. Box 821, Monroe, WI 53566 (55 cents). For referrals in your area, call your local medical society.
- *Plastic Surgery* and *How to Select a Cosmetic-Facial Surgeon,* American Academy of Facial Plastic and Reconstructive Surgery, 70 West Hubbard St., Suite 202, Chicago, IL 60610. (The booklet is free.)

—Lynne Lamberg

Offbeat bean salads

One-, two-, three-, and even four-bean salads are longtime favorites. To improve on a good thing, try Easy Baja Bean Salad, a variation of kidney bean salad with a dressing that has a Mexican touch—or, Molded Dilly Bean Salad, cut green beans flavored with dillweed, green onion, and pimiento.

Buying information, page 142



Photograph: Dieter

EASY BAJA BEAN SALAD

Zippy avocado dip is the basis for the jiffy dressing—

- 1 16-ounce can kidney beans, drained
- 1 16-ounce can garbanzo beans, drained
- 1 large tomato, chopped (about 1 cup)
- 1 small cucumber, chopped (about ¾ cup)
- 2 tablespoons finely chopped onion

• • •

- 1 6-ounce carton frozen spicy-style avocado dip, thawed
- ½ cup plain yogurt
- ¼ teaspoon salt
- Milk

With fresh fruit, Cool Whip,® Jell-O® BRAND gelatin and 8 minutes, you've got it made.

GF GENERAL FOODS

Shredded lettuce
Corn chips (optional)

In large mixing bowl combine kidney beans, garbanzo beans, tomato, cucumber, and onion.

In small bowl combine avocado dip, yogurt, and salt. (If dressing mixture seems thick, add a little milk.) Add to bean mixture; toss lightly to coat. Cover and chill.

Serve in salad bowls atop shredded lettuce. Serve with corn chips, if desired. Makes 8 servings.

MOLDED DILLY BEAN SALAD

A tart, refreshing salad that's ideal to serve with meat roasts—

⅓ cup sugar
1 envelope unflavored gelatin
1 teaspoon instant chicken bouillon granules
¼ teaspoon salt
1¾ cups boiling water
¼ cup lemon juice
2 tablespoons white wine vinegar
½ teaspoon dried dillweed
1 16-ounce can cut green beans *or* French-style green beans, drained
2 tablespoons sliced green onion
2 tablespoons chopped pimiento

• • •

Lettuce
Mayonnaise *or* salad dressing (optional)

In medium-sized mixing bowl combine sugar, gelatin, chicken bouillon granules, and salt. Add boiling water and stir till all ingredients are dissolved. Stir in lemon juice, wine vinegar, and dillweed. Chill till mixture is partially set (the consistency of unbeaten egg whites).

Fold in cut or French-style green beans, sliced green onion, and chopped pimiento. Pour mixture into one 4-cup mold or 6 individual molds. Chill till mold is firm, at least several hours or overnight.

Unmold salad onto lettuce-lined plate. Dollop with mayonnaise or salad dressing, if desired. Pass additional mayonnaise, if desired. Makes 6 servings.

Make this light 'n fruity pie in just 8 minutes with fresh fruit, COOL WHIP® Topping, and any flavor JELL-O® Gelatin. Delicious. Refreshing. Easy.

1.



Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.

2.



Blend in Cool Whip® non-dairy whipped topping; then whip until smooth.

3.



Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish, if desired.

Light 'n Fruity Pie

1 pkg. (3 oz.) JELL-O® Brand Strawberry Flavor Gelatin, or any other flavor
⅔ cup boiling water
2 cups ice cubes
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 cup fresh fruit (sliced strawberries, peaches, bananas or whole raspberries or blueberries)*
1 packaged graham cracker crust

*Optional

1 can (8¾ oz.) apricots, sliced peaches, drained and diced, or fruit cocktail, drained.
1 can (8¼ oz.) crushed pineapple, drained



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Kim Garretson

Good News

Look for these new products at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

Up-and-down fan



◀ **This 16-inch fan can cure most air circulation problems; its height adjusts from about four feet to over five, and the fan blade will oscillate in 30 different horizontal and vertical positions. The fan also is super quiet, with a rated power consumption of only 78.8 watts.**

Panasonic F-1675 Fan, about $130. Panasonic U.S.A., One Panasonic Way, Secaucus, NJ 07094.

Tight-lidded trash can



▶ **When your arms are full of trash, just flip down the lid-locking handles on this polyethylene can and then flip up the lid. An attachment tab molded on the lid (shown on the right side of the can) will hold the lid to the side of the can while you dump the trash. And when your trash man upends the can, the lid still stays attached and can't be dumped into the truck or otherwise lost.**

Super Can, about $20 (24 gallon). Lustro-Ware Div., Borden Chemical, 1625 W. Mound St., Columbus, OH 43223.

Energy-saving cooling system



▶ **The seasonal energy efficiency rating of this two-ton central air conditioning system is the highest yet announced by any manufacturer. Key features: an extra-large condenser coil for high efficiency heat transfer, a low-noise compressor, a two-speed automatically shifting fan, high and low pressure protection devices.**

Model 38VH. Carrier Air Conditioning, Box 4808, Carrier Parkway, Syracuse, NY 13221.

Reflective bike pennant



▶ **One of cycling's scarier moments is when a car passes too close from the rear. This pennant extends 17 inches horizontally from the bicycle to warn motorists. And the pennant's reflective material is several hundred times brighter than ordinary clothing in daylight. At night, headlights can light up the material from 600 feet away.**

Cycle Guard, about $6. The Dimension Weld Organization, 84 Commerce Rd., Stamford, CT 06902.

Save $200* on your choice of living room sets. Now only $749.

Sears Super Values
Sale
June 22-July 19, 1980

ose a cozy chenille sofa and love seat. Or sofa two velvet chairs.
ner way you'll save now on the plush comfort of a cy chenille living room group. Sofa and love seat up- ered in richly textured Herculon® olefin—our finest lle fabric. Your choice of two warm plaids. Each piece lt for strength with double dowels and kiln-dried s. Coil base construction designed for firm, even ort and comfort. Tub-style swivel chairs in coordinat- olid color acrylic velvet. All pieces are treated with CHGARD® Brand Fabric Protector to help resist stains.

Save $20 on coordinating Woodbrook cocktail, end or drawer end tables.

Save $10* on marbleized spice jar lamp. Now only $34.99. Light up your room with china base lamp topped with ecru pleated vinyl shade.

**These are the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.*

ears Where America shops for Value

Roebuck and Co. 1980





Karat sofa and love seat $749



Belfort sofa and love seat $749



Marbleized spice jar lamp $34.99



Karat sofa and two chairs $749



Belfort sofa and two chairs $749



Also on sale (at higher prices) Karat or Belfort sofa sleepers with matching love seat or two chairs.



Fashions: Liz Claiborne

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You've come a long way, baby.

9 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

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The Best-Dressed Salads™ wear Seven Seas.®
Creamy Bacon.
"Get flavor like this in every creamy drop."
"There's nothing else like it."
"With bacon-flavored bits right in the dressing."
Seven Seas
ARTIFICIALLY FLAVORED
CREAMY BACON
DRESSING
WITH IMITATION BACON BITS

Shopping for Sunglasses

Aside from being stylish, sunglasses reduce the amount of light and glare that reaches the eyes. Good-quality sunglasses offer protection from eye disorders such as photokeratitis (a gritty, burning sensation behind the eyelids that, while temporary, is extremely painful) and retinal burns. Here are some tips to help you find the right sunglasses for your outdoor activities.

How can you judge quality?

When you shop for sunglasses, perform these two in-store quality tests:

- Find out how much light the lenses transmit. Good sunglasses have a light transmission rate of not more than 35 percent. If the person dispensing your sunglasses can't give you the figure, put the glasses on and look in a mirror. If you can easily see your eyes, the lenses probably are too light for most outdoor activities.
- Check the lens surface by viewing a reflection from an overhead light on the lens. Manipulate the lens so the reflection passes back and forth over the lens. If the reflection wavers, the lens may distort your vision. (Don't forget to examine both lenses.)

What are the principal types of lenses?

Mirror lenses are designed for high-glare situations in water and snow sports. These lenses have a metallic finish that gives them a dark, reflective surface. Mirror lenses can be coated to screen more light around the edges and admit more light in the middle, or to screen more light on top and admit more light on the bottom. Polarizing and photochromic lenses also can have this gradient feature.

Polarizing lenses reduce glare and reflections created by smooth surfaces, such as a body of water or a highway. These lenses can be somewhat less effective in minimizing glare from irregular surfaces.

Photochromic lenses respond to light changes by changing in darkness or color. These lenses can adapt within one minute to provide maximum

screening in bright sunlight. Different photochromic lenses have varying screening capacities. Photochromic lenses made of optical glass are available in prescription sunglasses, as well as ordinary sunglasses.

Other lenses are designed for special needs. *Pilot's lenses* provide maximum screening at the top and less screening at the bottom where the pilot views the instrument panel. *Shooter's lenses* are designed to increase contrast and improve the ability to discern detail. *Tinted lenses* are to be used only as fashion accessories.

What about prescription lenses?

If you already wear glasses or contact lenses, you can have your prescription duplicated in a pair of sunglasses. Prescription lenses are preferable to clip-on lenses that can damage eyeglasses. You can expect to pay about $10 to $20 more for prescription sunglass than for ordinary eyeglass lenses.

Are plastic lenses as good as glass?

You can buy plastic lenses, which are lighter weight than glass, in many colors to do many different light-filtering jobs. If treated properly, plastic lenses last as long and perform as well as glass lenses. But check carefully before you buy: Plastic lenses should be scratch-resistant. And since plastic isn't as resistant to infrared light as other lenses are, try to find out how infrared-resistant the plastic lenses are before you buy. (Infrared light, found on the opposite end of the spectrum as ultraviolet light, can damage the eye by drying the cornea, the transparent tissue on the front of the eye.)

What about frames?

Judge the quality of the frames just as you would any eyeglass frames. Make sure the weight is distributed evenly through the nose pads that rest on the bridge of your nose, and through the earpieces, which should fit snugly but gently behind the ears. Metal frames should be light yet durable; plastic frames should have metal rods or cores to reinforce the earpieces. Make sure the frames don't obstruct your side vision.

—Produced in cooperation with David Sonnenburg

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Introducing Seven Seas Viva™ Bell Pepper.

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"There's lots of red and green bits of real bell pepper right in the dressing."

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Save 7¢ on Seven Seas Viva™ Bell Pepper

Mr. Grocer: We will redeem this non-transferable coupon for face amount plus 7¢ handling only if you obtained it from customer buying this item. Invoices proving purchase of sufficient stock to cover coupons redeemed must be shown upon request. Void when presented by broker or agency or where prohibited, taxed or otherwise restricted. Cash value 1/10 cent. Mail coupon to Anderson Clayton Foods, Box 1867, Clinton, Iowa 53734. Expiration date December 31, 1980. Limit one per customer.

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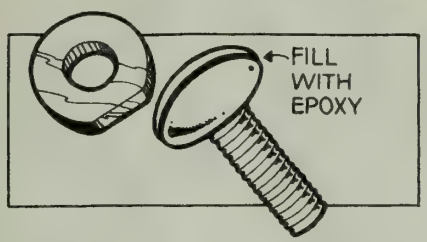
Tips, Tools & Techniques

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: The one part you need to make your project work best is a wing bolt, but you don't have one of the correct size.

SOLUTION: Make the bolt you need from a stove bolt and a metal washer. Grind the edge of a washer flat, as shown, dab a bit of quick-set epoxy in the screw slot of the bolt, and insert the washer snugly in the slot.

W.E., Sacramento, Calif.



PROBLEM: When you spray-paint small objects outdoors on breezy days, you must spray with the wind, so you have trouble covering all sides of the objects.

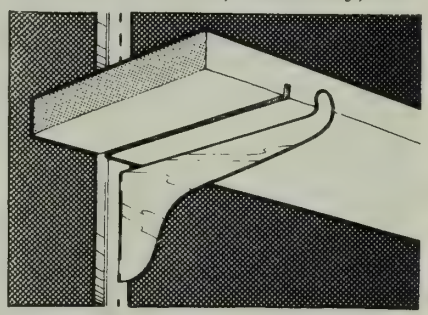
SOLUTION: Make a turntable out of your portable outdoor grill. Cover the grate of the grill with paper or aluminum foil, place the object in the center, and turn the grate with one hand as you spray with the other.

E.D., Green Bay, Wis.

PROBLEM: The wooden shelves that rest on standard metal shelf brackets slide from side to side when you bump into them.

SOLUTION: Cut grooves in the undersides of the shelves to accommodate the edges of the metal brackets, as shown. Use a saw or router to make the grooves ⅛ inch deep.

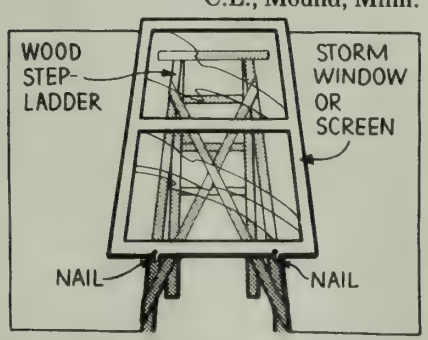
J.G., Pine Valley, N.Y.



PROBLEM: When repainting your window screens, you can never find a place to rest them.

SOLUTION: Turn your wooden stepladder into a big easel. Drill two holes into the back legs, as shown, and insert large nails into the holes. The nails should extend about 1½ inches. Rest the screen on the nails and lean it against the ladder.

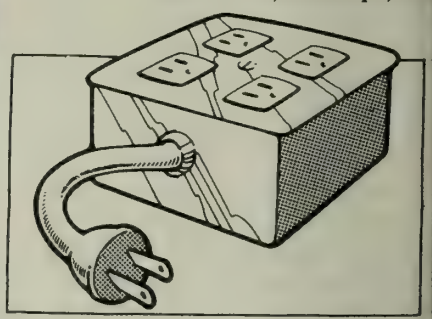
C.L., Mound, Minn.



PROBLEM: When you're using more than one power tool with only one extension cord, you have to repeatedly plug and unplug the tools.

SOLUTION: Make a four-outlet receptacle box, as shown, so you can leave up to four power tools plugged in at once. Caution: To avoid overloading the wall outlet, use this box only for power tools that you'll be operating *one at a time.* You can attach the box to your workbench.

C.A., La Harpe, Ill.



PROBLEM: To make your old lawn chairs look new, you want to replace the worn-out plastic webbing. But each time you cut the new webbing, it starts to fray and unravel.

SOLUTION: Before cutting, run the tip of a hot soldering gun across the webbing where you want to make the cut. The fibers will melt together, and this will prevent fraying.

B.C., Bowen, Ill.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

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Greg Erickson

Energy-saving awnings:

They're looking good again!

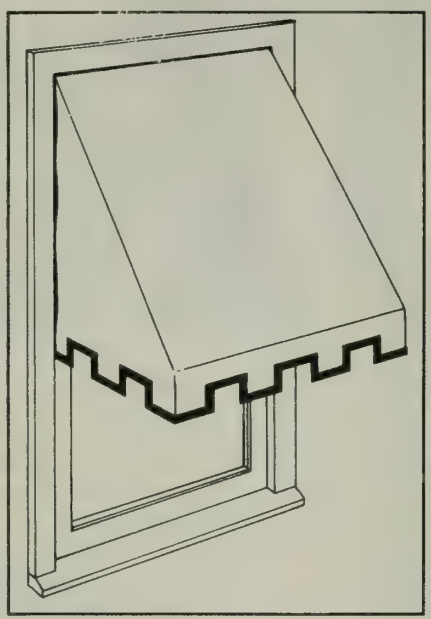
If all you've got is an air conditioner to cool your house this summer, you're fighting energy *with* energy, and that's a losing battle. But if you can prevent the sun's scorching rays from blasting through the windows, your air conditioner won't have to work so hard, and you'll save money.

Awnings can reduce heat gain through windows by as much as 75 percent, resulting in cooling-energy savings of 25 percent. They can also protect your furnishings from sun damage and dress up the exterior of your house.

Fabric awnings

Today's fabric awnings are made of new materials, such as acrylic-painted army duck, vinyl-coated duck, vinyl-laminated polyester, and acrylic fabric. These plastic-based materials are strong and will keep their good looks for many summers.

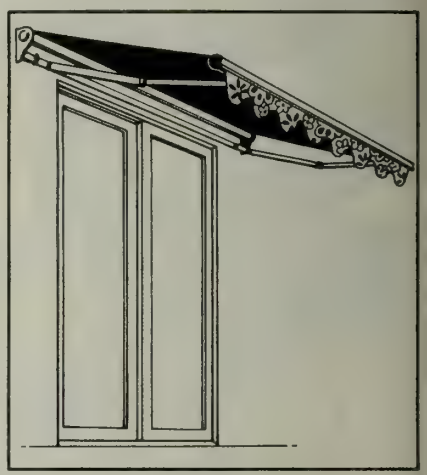
Other recent advances made by fabric awning manufacturers are the mechanisms used to retract and extend the fabric. Some of these retractors operate manually; others are motorized. Some motorized retractors can be equipped with automatic switching controls. There are light-sensitive units that go into action at



and draws the arms up with it. The straight-arm type, *below,* has one-piece arms, which lie flat against the house when the fabric is retracted. The lateral-arm type, *above right,* has two-piece arms, which fold up under the eaves so the fabric valance is all that's visible when the awning is retracted.

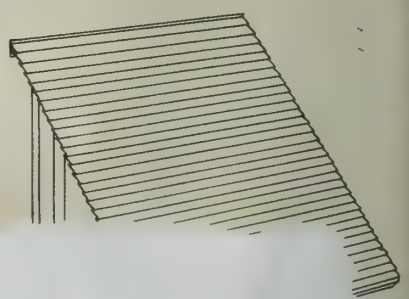
Aluminum and fiber glass

Aluminum awnings are strong enough to stay on the house all year.



They can withstand high winds, rain, hail, and the weight of snow. Fiber glass awnings, which are generally used as roofs for backyard patios, and many aluminum awnings are rigid.

There are, however, some aluminum awnings that do adjust. The roll-up model, *below,* has arms that are



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The candy store candy

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continued

Awnings

In the summertime, when keeping cool can be costly, awnings work to your benefit. But when heating your home becomes a big expense, awnings that don't adjust can deprive you of free warmth from the sun (unless you take them down or fold them up at the end of the summer).

The angle of the sun in the sky changes from day to day. The sun appears highest in the summer, sinks until midwinter, then rises again. Ideally, the angle or length of an awning would be adjustable, either to one precise position that would suit all the seasons or to various positions throughout the year. Among the awnings that can be moved to follow the sun are the fabric straight-arm and lateral-arm types, and the aluminum roll-up models.

But these types of awnings do have a disadvantage. They don't block sunlight that hits the window from the left and right because they don't have sides as hood-type awnings do. To compensate for this, you'll need a roll-up awning with a "roof" that extends well beyond the sides of the window.

Shopping for awnings

To size up awning companies, call a few and ask as many questions as you can think of. The companies' prices will most likely be similar, but you'll probably find that a couple of retailers in your area are more willing to provide free advice than their competitors are.

Simple spear-type and hood-type aluminum and fabric awnings, as well as the aluminum roll-up type, are priced competitively. You can expect to pay between $50 and $75 for one of these awnings that's big enough to fit a window three feet wide. The roll-up fabric types are usually much more expensive: The price of a ten-foot-wide awning (suitable for glass doors) can range from $500 for a manual-roller straight-arm to $1,000 and up for a motorized lateral-arm.

For more information about fabric awnings and a free brochure, *Keep Your Cool,* write to the Canvas Products Association International, 350 Endicott Building, St. Paul, MN 55101. Enclose a self-addressed, stamped envelope.

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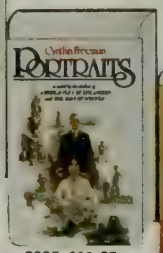


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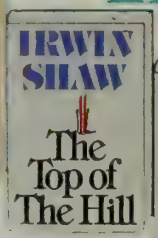
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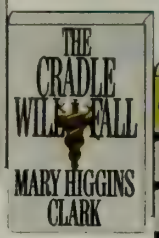
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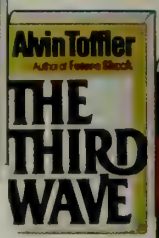
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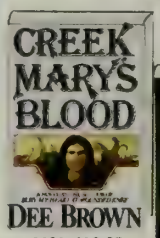
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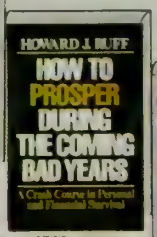
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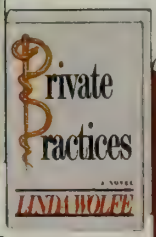
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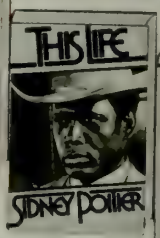
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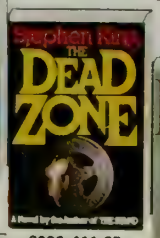
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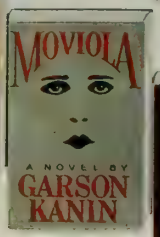
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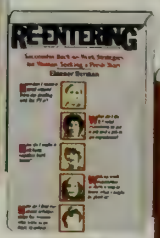
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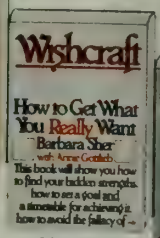
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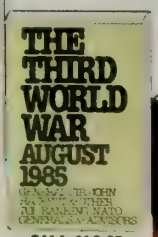
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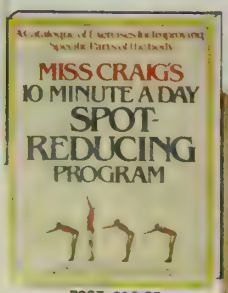
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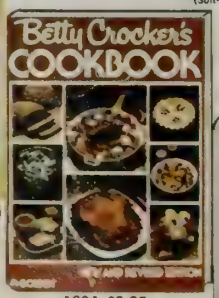
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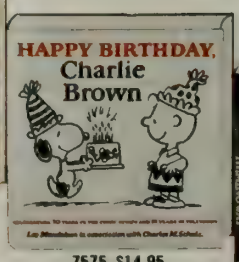
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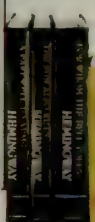
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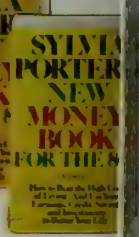


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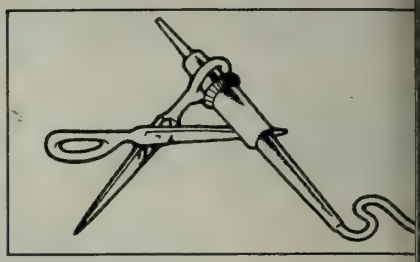


BUILDING

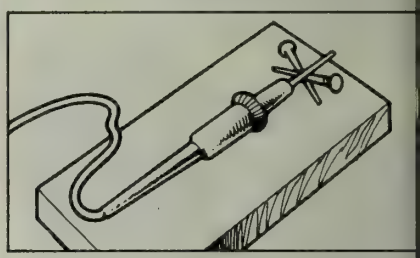
Handy soldering iron holders

Whenever you use a soldering iron, you probably feel as though you need three hands: two to adjust the items being soldered, and another hand to hold the iron out of the way. A hot iron that's left lying around while you go on to other things can be dangerous. Here's a trio of do-it-yourself holders.

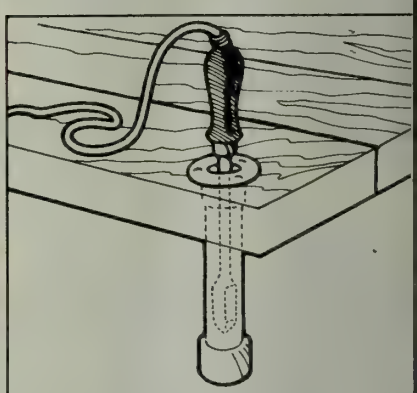
If you seldom solder anything and use a pencil-type iron, you'll be able to make do with one of the two free holders shown here. However, if you do a lot of soldering and use a chunkier iron, you might want to spend a few extra minutes and about three dollars to rig up the third holder—one that you can attach permanently to your workbench.



Solution One: There's nothing to it. You just open a pair of large scissors to form an X, then slip the tip of the soldering iron through one of the finger holes as shown *above*. The scissors can't possibly lie flat as long as they're tilted toward the iron as indicated.



Solution Two: Make a similar X-shaped holder by pounding a couple of large nails into a scrap of wood as shown. (Predrill the holes so you don't split the wood.) If you don't mind putting holes in your bench, pound the nails directly into its work surface.



Solution Three: This holder is a bit more complicated than the other two but still easy. It works best for heavy-duty irons. Through an overhanging corner of your workbench, bore a hole big enough to accept the neck of a floor flange. Thread the flange onto one end of a short piece of pipe and slide the pipe into the hole as shown. Put a cap on the other end to catch hot solder. Between soldering jobs, remove the holder to shake out wood shavings that might have fallen into it. BH&G



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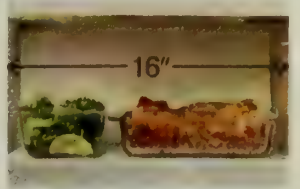
I never dreamed how simple it would be to give my kitchen a custom look. The wood tones blend in beautifully with the rest of my kitchen. And with the Spacemaker oven in combination with my range, I now have two ovens in one convenient location.

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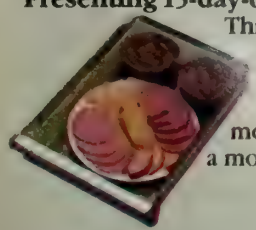
How can lettuce be this fresh after 15 days? Because our Moist 'n Fresh drawer doesn't just keep foods at the right temperature. It also keeps food at the right humidity. And leafy vegetables and other moisture-loving foods thrive in this drawer's high humidity. For other types of foods, you can change the humidity.

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Grapes, strawberries, oranges and peaches keep their garden freshness better in the lower humidity of our Cool 'n Fresh drawer. It also has adjustable temperature control, so it can be converted for fresh meat storage.

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This sealed, high-humidity drawer gives long life to unwrapped meats and cheeses, and uncovered snacks like pudding. When you save food, you save money. That makes the Food Saver a money saver, too.



TBF-17ZA

Unretouched photographs were taken of lettuce and other foods stored in refrigerator drawers after 15-day te

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GENERAL ELECTRIC

Gardener's log

What's in a name? That which we all a rose By any other name would smell as sweet."
-Romeo and Juliet, by Shakespeare

Hot weather can make gardening seem like drudgery this time of year. Try to dispatch most of your garden chores during the cooler morning and evening hours; then you can relax during the hottest hours of the day.

Disbud hybrid teas

If you want exhibition-size roses, one to a stem, you will have to disbud your hybrid teas. As soon as tiny buds are visible around the central bud or down the stem, pinch off all but the main bud with your fingers or with the help of a narrow, pointed implement such as a toothpick. If you wait too long before disbudding, the stems will develop scars where the side buds were removed.

Cut roses properly

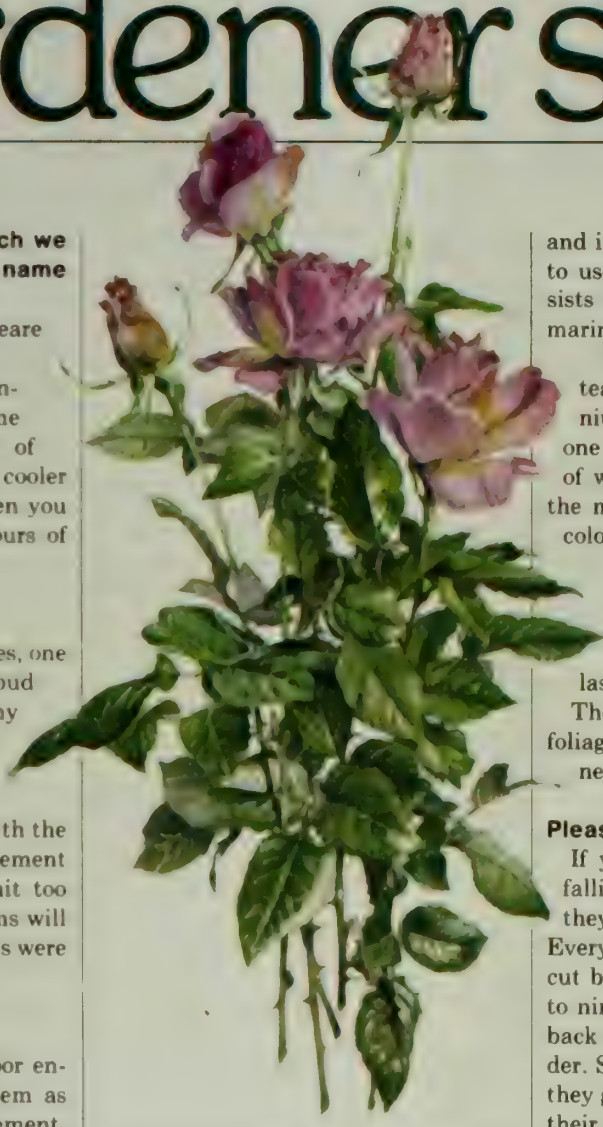
When you cut a rose for indoor enjoyment, take only as much stem as you need for your flower arrangement. Rose bushes need plenty of foliage because plant foods are manufactured in the leaves.

Make an angled cut with a sharp knife or shears one-quarter inch above the topmost leaf to be left on the stem. On every stem, leave a minimum of two foliage groups of five leaflets each.

It's also a good idea to remove all faded flowers from your roses every week. Deadheading blooms as they fade will promote vigorous growth and continuous flowering.

Keep them blooming

Geraniums, petunias, snapdragons, marigolds, and many other annual flowers will bloom steadily if their faded flowers are continually removed to prevent seed formation.



Delphiniums will often come back for a second display in August if the faded flower spikes are cut to the ground. Even calla lilies will often send forth second bloom stalks if the first ones are pulled (twist the stems slightly as you pull them up) and discarded after they mature and close.

Feed with manure tea

Rose McCann, the homeowner shown at work in her under-deck potting shed on page 99 of our June issue, advocates feeding plants with manure tea. She got the recipe from John McClaren, who designed and built Golden Gate Park in San Francisco.

"Manure tea is good for everything, and it is the cheapest and easiest food to use," says Rose. The formula consists of ¼ cow manure and ¾ water, marinated in a garbage can.

When Rose wants some manure tea to use on her favorite pelargoniums or other plants, she mixes one cup of the marinade with a gallon of water. "When I add the water to the mixture, I dilute it until it is tea colored—thus the name."

Rose maintains the level of water in the garbage can, and also periodically adds a trowel of manure. "A sack of manure lasts me a year," she said.

The lushness of her flowering and foliage plants attests to the effectiveness of Rose's manure tea.

Please pinch the petunias

If your petunias are too leggy and falling over, pinch them back so they'll develop more compact growth. Every week, starting the first of July, cut back one runner on each plant six to nine inches so there will be no setback in the showiness of the flower border. Some people wait until just before they go on a two weeks' vacation to cut their petunias back all at once. When the vacation is over and the owners return, the plants have recovered and soon will be blooming bountifully.

Many of the newer petunia varieties have been developed for bushier form and do not need to be pinched.

Start fall vegetables now

Now's the time to plant vegetables that grow best during the long, cool fall season. Chinese cabbage, brussels sprouts, and cauliflower can all be sown in late June or early July. You can either sow the seeds where the plants are to remain in the garden, or you can start them in an out-of-the-way garden corner and transplant them later, after they've developed

continued

Illustration: Steven Schindler

continued

Gardener's log

their second, true set of leaves. Thin or transplant the young seedlings so that they stand 12 to 15 inches apart, then mulch with several inches of straw to keep down weeds and increase soil moisture.

Other crops, like green or wax beans, carrots, beets, turnips, mustard, celtuce, radishes, and quick-maturing sweet corn, make good mid-season replacement crops. Use them in open spaces left by earlier harvests.

Divide crowded iris clumps

If your iris have become overcrowded, dig them up with a spading fork in late July and divide each clump into several sections. Trim off and discard old decayed or corky ends of rhizomes. Trim the foliage to a fan shape.

Replant in a sunny location in loose, well-drained soil. Place the rhizome on a ridge or saddle of soil so the top of the rhizome is near the soil surface and the roots are well buried. Firm the soil before watering. Mulch heavily to retain soil moisture and discourage weeds. Water regularly until the transplants have become well established.



IN THE WEST

Pin down strawberry runners

Strawberries lose vitality and stop producing fruit after two or three years. To renew your beds, root new plants each season from runners sent out by the mother plant. Pin down runners around each mother plant, then use a sharp knife or pruning shears to cut off all other runners as they appear.



IN THE SOUTH

Fertilize roses

Give roses their last feeding of the year so that new growth will have time to harden before cooler weather sets in. Use one of the commercial fertilizers formulated especially for roses to e sure the right proportion of elements.

Check evergreens for pests

If the leaves of your evergreens loo grayish and fine webs are visible, the spider mites are probably at work.

These tiny insects are almost impo sible to see, so use the paper test find out whether they're present. Ho a white piece of paper under a dam aged branch and tap the branch with stick or your hand. If the red spid mites are present, they'll be visib against the paper. To get rid of the spray with a miticide two times at tw week intervals. Keep a close watch f reinfestation and spray again if nece sary—the mites multiply rapidly midsummer when it is hot and dry.

Notes on My Garden

First Week, July 1-5

Second Week, July 6-12

Third Week, July 13-19

Fourth Week, July 20-26

Fifth Week, July 27-31

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100 IDEAS UNDER $100

By Nancy Lindemeyer, Deborah Dugan,
Ann Levine, and Russell O'Harra

Here's one-stop shopping for some of the best and least expensive home improvement ideas ever. Look them over and you'll see that imagination, ingenuity, and elbow grease can still pay off big!



1 *Colorful Pencil Gate $32*

Color the outdoors bright with this larger-than-life gate, or use it indoors as a headboard. The "pencils" are cut from 1x6-inch redwood boards, tapered from the 42-inch ends to the 37-inch pencils in the middle. Two 24-inch cleats on each side hold the pencils erect.



All credits, page 143

100 IDEAS UNDER $100



2 Sleek Bird Feeder $8

Invite the birds to your garden with this hanging feeder station. The 8x12-inch unit's roof and bottom are formed from 20-gauge aluminum sheeting wrapped around the end pieces. Lineal bracing is provided by three 1x1s for the roof and two 1x2s along the lower sides.



3 Practical Trough Planter $39

The sides of this handy planter are 1x12 boards set at a 45-degree angle on triangular legs (9½x9½x14 inches). The trough ends are closed with 15½x15½x22-inch caps; their tops are beveled to match the side boards' angle. An 8x48-inch strip of ¼-inch galvanized hardware cloth covers the one-inch bottom opening for drainage.



4 Seashell Salad Bowl $14

This easy-to-decorate bowl makes seafood, salad, and snacks look scrumptious. Just adorn a purchased glass bowl with identical or varied seashells. Secure the shells with cement glue or clear aquarium sealant. Then have a seafood party with style!



5 Country Landscape Curtains $19

Stitching a country-fresh pastoral vista on a pair of purchased curtains is an easy way to spark up a ho-hum view. A sewing machine and a scrap bag of calicoes are all you need to stitch them up. Just cut the pattern shapes, apply them to the curtains with fusible webbing, then machine zigzag stitch around the raw edges with coordinating thread. **For patterns, see page 72**



6 Notch-Together Serving Cart $58

Making this roll-around patio cart is a snap. Simply cut the basic apes from plywood and notch them together. Add casters and a ten- ch tricycle wheel for mobility—a real plus for parties and outdoor tertaining. When you've finished the basic construction, add a coat high-gloss enamel. Then pile on party gear and cooking utensils.
r details, see page 72.

order Project Plan 50391 for our cart, see page 145.



7 Toy-Bearing Tree $26

There's perching space galore for bushels of toys and collectibles on this delightful storage tree. Apple cutouts serve as hooks for hanging lightweight items, and eight shelves hold toys and games when not in use. Cut the pieces from flakeboard and slip-joint them together, using the base and shelves as braces. Add a coat of paint and apply a contrasting color to the apple cutouts.

8 Dog Basket Seats $24

Kids of all ages will be sittin' pretty with this unique seating arrangement, and what could be thriftier? Just take wicker dog baskets (available at any pet store), paint them with bright enamels, and stitch plump cushions and pillows in your choice of fabrics. The basket seats are perfect for reading, relaxing, and TV-watching.



100 IDEAS UNDER $100



9 Coffee Table Planter $37

A summer-long centerpiece grows from the middle of this patio coffee table because its base is actually a 16-inch-diameter clay pot. The tabletop is made of pressure-treated wood 1x2s spaced 3/8 inch apart. A frame of 2x4s fits snug to the pot edges and acts as a base for nailing top boards securely in place.



10 Tea Towel Throw $27

Crisp kitchen linens feature some of the perkiest plaids around, so why not stitch them into a low-cost throw? This lap-sized coverlet is made from six dish towels. Use fabric scraps to create the fanciful appliqués. (Children's coloring books are a great source of easy appliqué designs.) Add the appliqués to the towels, join them together, then add a quilt bat, a calico border, and matching fabric backing.

11 Plant People $14

Why have just plants when you can turn them into personable works of art with these lovable plant holders? All you need is some muslin, fabric scraps, and paint for their faces. **For how-to, see page 72.**



12 Latch Hook Rug $65

There's nothing cozier than a warm and inviting homespun rug. Duplicating this rustic latch hook rug is a snap with our easy-does-it kit, which includes yarn, painted canvas, and complete instructions.

To order a rug kit, see page 145.





13 Sturdy Porch Swing $52

Any porch would be enhanced by this roomy swing. And it's handsome enough to bring indoors for a light and breezy look. All it takes is pine lumber, birch dowels, and chains for hanging. **For details, see page 72.**



14 Wall Dressing $23

Create a work-of-art wall hanging from just about anything, including a christening gown (this antique lace gown was found at a secondhand clothing store). Cut two sheets of acrylic plastic to size, press the dress between the two pieces, and hang it.



15 Sporty "Bedmobile" $96

What child wouldn't welcome this colorful "bedmobile," fully equipped with built-in desk and closet? The unit is popular with mothers, too, because it has loads of extra storage space. The safe and sturdy bed can be assembled in pieces, then put together to make a complete unit.

For construction details, see page 74.

To order Project Plan 50392 for the bed, see page 145.

16 Umbrella Floor Lamp $33

Here's how to parlay a parasol into a special lamp. First, bedeck the umbrella with a painted motif. Cut the handle off just below the fastener. Plug each end of a two-inch plastic pipe with a ¾-inch plywood circle. Install a twin socket and a 14-inch base and add electrical wiring.



17 Fabric Storage Center $47

This well-designed fabric tender can help keep your sewing room beautifully organized. Fabrics and trims hang neatly over the series of six 1¼-inch dowels. Thread, patterns, books, and sewing supplies are stashed out of sight on shelves inside the flakeboard end cabinets. The cabinets are hinged at the top and angled to accommodate the staggered dowels. The unit is finished with a coat of high-gloss paint.

For building details, see page 74.

18 19 Kitchen Storage $80, $6

For a handy work area, build two 15x24x34½-inch open-front cabinets. Make two round-topped drawer insertions for the bins and secure them with a continuous hinge. Top the unit with a 25x60-inch plywood counter framed with 1x2s and covered with tile.

For wall storage, cut a 1x2 frame and secure 4x4-inch mesh fencing to the back.







20 Nursery Night-Light $19

What toddler wouldn't like to have this friendly 42-inch-tall bird standing watch at bedtime? The two sides of the bird are cut from ¼-inch hardboard. Blocks of ¾-inch plywood hold the wings away from the body so light can filter through. The ¾-inch tubing legs fit into plywood blocks that support the porcelain socket. The wiring runs through one of the tube legs and into the 12x12-inch base made from 2x2s and ¾-inch plywood. The bright orange feet are made of ⅛-inch hardboard.

For details, see page 74.





21 Footlight Fixture $66

To make this dramatic light, mount three 3-inch circles (with stem sections) of mirrored acrylic over three 4-inch bronze acrylic circles. Attach them to a 2x6x23½-inch plywood base. Add porcelain sockets, wiring, and bronze bulbs.

22 Easel Dressing Mirror $15

Here's a rewarding furniture project you can put together in minutes, even if you're all thumbs. Just find an artist's easel and spruce it up with a coat of high-gloss paint. Then buy an inexpensive dressing mirror made for mounting on a door and clamp the mirror in place. Now you're ready to see the full picture in any room of the house!



100 IDEAS UNDER $100



23 Shuttered Cabinet $73

This handsome unit makes a great hideaway for just about anything. Dimensions are determined by the shutter size chosen (12x20-inch shutters were used here). Face the plywood box frame and shelves with 1x1½-inch pine; add a base made of 1x4-inch pine. (This unit is 14½ inches deep.) Add decorative pulls and finish with polyurethane.

24 Clear-View Towel Caddy $21

When floor space is at a premium—whether in bath, bedroom, or nursery—hanging storage has a definite edge. And this clear vinyl caddy visually expands space to boot.
For sewing instructions, see page 74.



25 Soft Sculpture Garden $28

Harvest a bounty of crops with this kid-size soft garden made from terry cloth, velour, and other freshly picked fabrics. Fiberf gives the plot its plump shape and lets young gardeners pluck the garden-fresh produce right from the "ground."
For sewing how-to, see page 77.



6 Slanted Storage $36

Make shelf space decorative by giving it a degree slant. Cut the 12-inch-deep lves and frame from ½-inch plywood. er dimensions are 55x33 inches. Slip- t the shelves for a 12½-inch slant.





27 Scenic Patio Screen $22

Frame three 24x62-inch pieces of four-mesh-per-inch hardware cloth with ⅝-inch birch plywood strips. Add palms made of synthetic cord. Paint frame; hinge.

28-32 Heart-Felt Projects For Kids

n-between bed $29 When your child outgrows the crib but is too young for a full-size ed, this build-it-yourself junior bed will be just right. **For how-to, see page 78.**

lywood rocker $12 Simple cutouts make assembly a cinch. **For how-to, see page 78.**

leart hooks $3 Use leftover pine and wooden dowels to make wall-mounted hooks.

Block print quilt $16 Linoleum block printing gives the look of an intricately appliquéd uilt with a lot less work. **For how-to,see page 78.**

Quickpoint rug $14 Design a rug using the same linoleum blocks. **See page 82.**



33 Tool Caddy $5

Keep garden tools close by in this cane and bucket carryall. Just secure a toy bucket or small basket to the handle of a pointed cane, then paint. You can push the cane into the ground wherever you're working —saves lots of toolshed trips!



100 IDEAS UNDER $100

35 Thrifty Cardboard Screen $16

Corrugated cardboard makes this project easy to do and easy on the budget. To create the desert landscape, cut out the pieces and layer them at various angles—all you need are scissors and glue. Back the panels with ¼-inch hardboard; frame with pine 1x2s. **For patterns, see page 82.**

34 Feline Design Kit $27

If you're a cat fancier, why not spark up a wall with this charming 16x20-inch needlepoint "painting"? The kit includes a prepainted 12-mesh canvas, needle, wool, and cotton floss. The cat-and-fish scene is worked in long stitch and continental stitch with touches of embroidery.

To order a needlepoint kit, see page 145.







36 Overstuffed Flag Pillows $20

Salute your national heritage with a proud showing of flag pillows. (The price shown is for one pillow.) You can buy the flags from a specialty house or stitch your own from fabric scraps. Cut the muslin backs and stuff the pillows with fiberfill. Then sit back and make yourself comfortable.



37 Wall-Hung Wood Rack $18

This rack keeps wood neatly stacked in winter, then folds flat —out of the way—in summer. Make the 60-inch verticals and 36-inch arms from 2x4s with 1¼-inch dowel spacers. The lowest dowel also acts as the hinge. Secure two 60-inch swing chains top and bottom with ¼x2-inch hex head lag screws and washers. Space three 1x4-inch nailers along the back. Cover the unit with an outdoor-safe paint.





38 Updated Hall Tree $52

This modern version of the Victorian hall tree offers the same conveniences as its 1890s counterpart, plus traffic-stopping color.

For building details, turn to page 82.

39 Whatnot Column $41

You can display collectibles, books, and plants from floor to ceiling on this shelf and cube stack. For the eight-foot ceiling shown, you'll need five 12x12x15-inch flakeboard cubes, one 12x12x11 cube, and a 6x26½x12-inch base. The lowest shelf measures 36x28 inches. Center the cubes one above the other with a 28x28-inch plywood shelf sandwiched in between. Cut the top cube to fit flush to the ceiling; add a small shim if needed for a tight, well-proportioned fit. To finish the column, apply a coat of high-gloss paint.

100 IDEAS UNDER $100



40 *Lean-to Greenhouse Module $92*

Attach this hardworking greenhouse module to the side of your house and watch the blooming begin. Fill the polyethylene-covered unit with favorite plants and stash potting soil and garden tools in the handy pullout bins. **For details, see page 84.**

To order Project Plan 50393 for the module, see page 145.



41 *Campstool Chic $*

To turn a plain Jane campstool into a dazzler, swap its canvas seat for a quickpoint one. Remove the old seat, then sand and paint the frame. Stitch the new seat in basket weave on five-mesh-per-inch canvas. Once the canvas is worked and blocked, back it with muslin. **For pattern, see page 84.**

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in place of mayonnaise in tuna or chicken salad;
e on toasted English muffins, sprinkle with
nbled cooked bacon.

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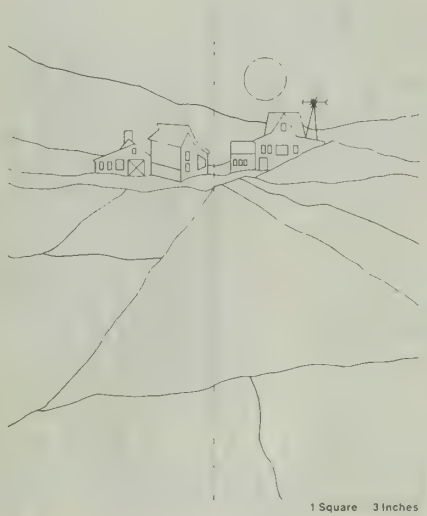


begins on page 59

100 ideas under $100

5. COUNTRY LANDSCAPE CURTAINS, page 60

On off-white fabric, mark off curtain panels to fit window. Pattern, *below,* fits 45x54-inch curtains; adjust field and sky areas to fit. Cut pattern pieces from tissue paper.

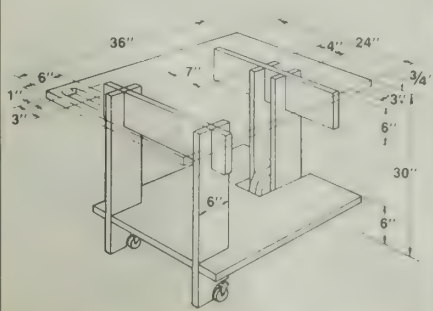


Referring to the color photo on page 60, or using scraps of fabric to match your decor, cut fabric pieces *without* adding seam allowances. Baste fabric to the curtain panel. Machine zigzag stitch around each piece with black thread. Embroider windmill with black embroidery floss. Line curtains; attach rings for hanging.

6. NOTCH-TOGETHER SERVING CART, page 61

To order Project Plan 50391 for our cart, see page 145.

Cut 2 front legs from ¾-inch plywood that measures 6x26 inches; cut two back legs to 6x29 inches (see diagram, *below*). Cut two 6x22-inch plywood crosspieces. Cut 3x¾-inch notches; join together.



Cut a 22x29-inch bottom shelf, with a 5½x11-inch notch centered along front. Install 10-inch wheel assembly between front legs and add 2 casters to rear legs. Secure bottom shelf in place.

Cut a 24x36-inch top with a 2x22-inch cutout at rear for handle. Fasten to leg assembly. Sand edges; paint.

11. PLANT PEOPLE, page 62

To order full-size patterns for plant people, see page 145.

Finished size is 14 inches high.

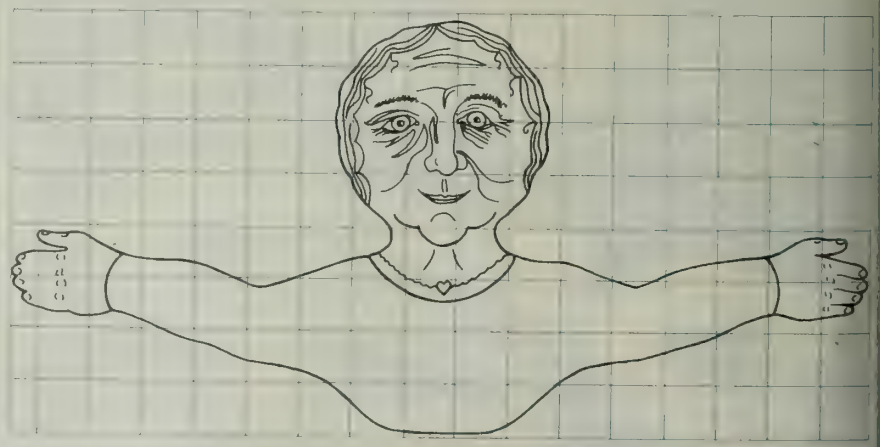
Enlarge pattern pieces, *below,* and transfer to brown paper. Preshrink unbleached muslin; cut muslin shapes. Stay-stitch around edges to prevent fraying. Using acrylic paints, Procion dyes (available where spinning and weaving supplies are sold), or crayon, color in features and areas of skin tone. Heat-set color with an iron.

Cut pieces of quilt batting to match patterns; baste to muslin. Machine-quilt with gray thread. Machine-appliqué fabric scrap clothing onto muslin. With right sides together, stitch front to back, leaving an opening at the bottom for stuffing. Turn; stuff tightly, slip-stitch closed. Add buttons, jewelry, or other trims. Wrap figure around potted plant and mark overlap. Secure figure around pot with nylon hook-and-loop fastening tape.

13. STURDY PORCH SWING, page 63

Cut two 47-inch 2x12s for seat; place side by side. Screw two lengths of 1x6 across underside to join. Drill ends of seat for arm support dowels, with a 1-inch dowel on each end and four ⅝-inch dowels between. Cut a 22-inch 2x4 for each arm; drill a 1-inch hole in each end to receive hanging chain. Drill holes in seat and underside of arms; cut dowels to 8½ inches; glue in place.

Cut a 43-inch 2x4 for back. Cut two 12-inch 1x6s for center panel; add heart cutout. Cut eight 14-inch ⅝-inch dowels for back. Drill seat and underside of back for dowels. (Angle holes in seat at 20 degrees; there are several electric drill attachments available to simplify this.) Cut 14-inch dowels for



1 Square = 2 Inches



continued

1 Square = 2 Inches

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back. Secure panel in place with ¾-inch dowel joints. Glue dowels in place.

Attach 4 eyebolts in corner of seat. Thread four 48-inch lengths of chain from bolts through holes in arms. Attach a length of chain where these meet with S-hooks; hang from ceiling joists.

15. SPORTY "BEDMOBILE," page 63

To order Project Plan 50392 for our bed, see page 145.

Build frame from 2x3s; the 8 uprights are 46½ inches high and 4 cross members are 40 inches long. Secure with lap joints. Add seat supports cut from 2x3s.

Cut sides from ¾-inch particleboard. Nail to uprights, positioning "windshield" even with front supports. Add shelves to front and enclose rear for closet area. Add desk and seat. Top unit with ½-inch particleboard and add cutout rails to top of sides. Cut wheels from ¼-inch hardboard; glue and nail in place. Install closet and shelf doors on sliding track; paint.

17. FABRIC STORAGE CENTER, page 64

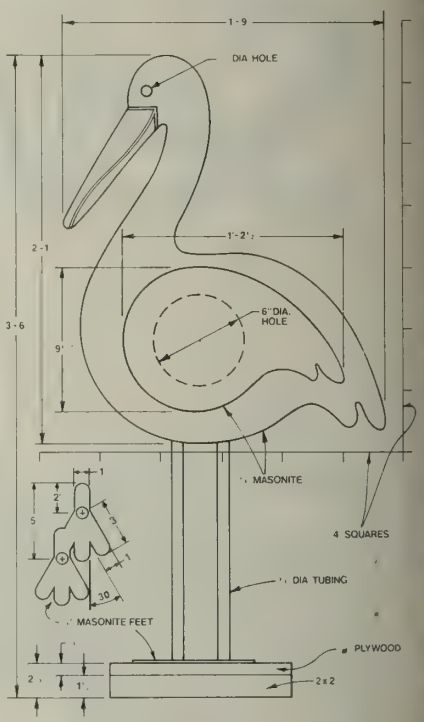
On ¾-inch particleboard, mark pieces for two 16x16x36-inch boxes. Mark a cut on each side piece that extends from the center point along top down 12 inches. Mark up from the bottom 6 inches and in 1 inch; connect the points.

Cut out all pieces; cut along marked side pieces and cut top of box in half laterally. Mark positions for five 1¼-inch dowels inside and outside box; drill sides to receive them. Construct boxes, inserting inside dowels. Attach front assemblies to boxes with continuous hinge. Paint unit and dowels. Suspend dowels between units.

20. NURSERY NIGHT-LIGHT, page 65

Finished size is 42 inches high.

Enlarge bird pattern, *right;* cut two wings and two body shapes from ¼-inch hardboard. Cut a 6-inch circle in the body as shown, and drill a ¾-inch-diameter hole for eyes in each body piece. Cut feet from ⅛-inch hardboard.



Build a 12x12-inch base from 2x2s; top with a square of ¾-inch plywood. Secure two 2x2 crosspieces across base square; drill through plywood and crosspieces to receive ¾-inch-diameter legs. Cut one 20-inch leg from wood dowel; the other from tubing to receive wiring. Top each leg with 1½-inch-thick wood blocks. Screw porcelain fixture to blocks; complete wiring. Using ¾-inch-thick scrap lumber, block wings away from body pieces, centering over cutouts. Glue and screw body pieces to top of legs; block remainder of body pieces so that both halves of the body are parallel. Paint body white inside and out; paint beak orange and base and details black.

24. CLEAR-VIEW TOWEL CADDY, page 66

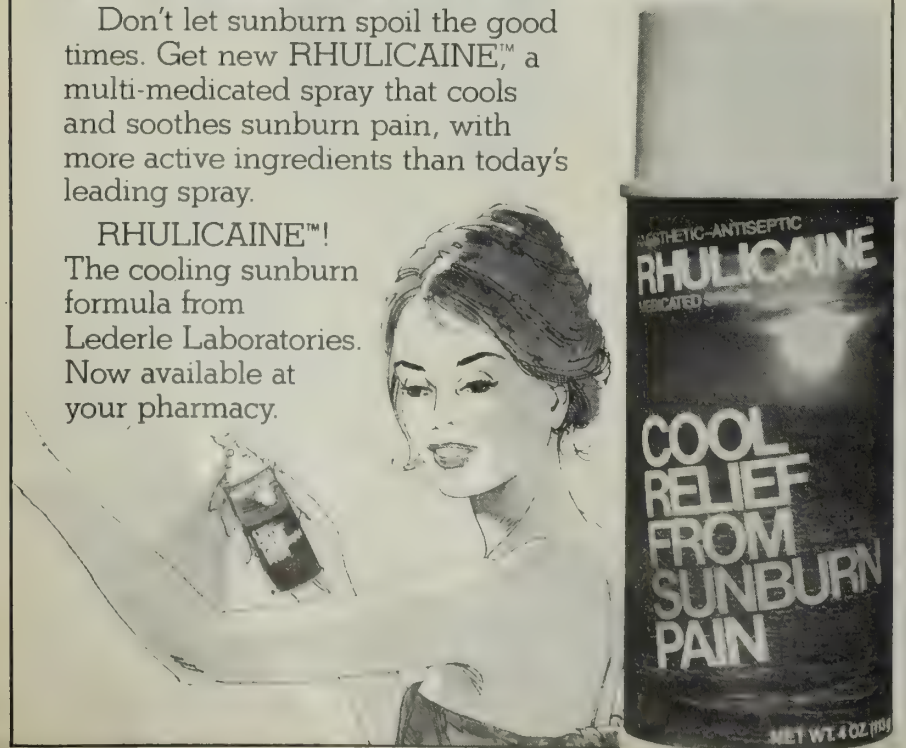
Cut a 168x14-inch piece of clear vinyl; bind edges with bias tape. Cut four 14x16-inch shelves from vinyl and bind the long edges, inserting 12¼-inch supports cut from coat hangers in each side. Stitch casings for 16-inch dowels in short sides.

continued

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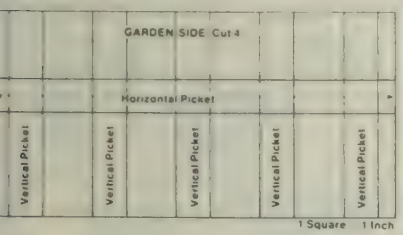
Fold long vinyl strip in half; stitch a owel casing along center. Attach helves to vinyl support by punching hole for the dowel and inserting a owel through the casing. Place a ooden bead on dowel ends. Position 1 helf on the bottom; space remaining helves equally along length.

5. SOFT SCULPTURE GARDEN, age 66

To order a full-size pattern for our rden, see page 145.

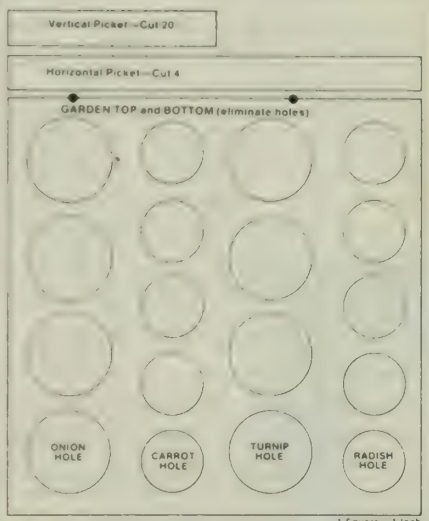
aterials: 1 yd. brown terry cloth; 2 ds. green terry cloth; ¾ yd. light-eight white velour; ¼ yd. blue-green lour (turnip greens); ¼ yd. light een velour (onion greens); ⅛ yd. rest green velour (radish greens); d. light yellow-green velour and ⅛ yd. ark yellow-green velour (carrot eens); ¼ yd. orange velour (carrots); yd. red velour (radishes); ¼ yd. tan lour (onions); ¼ yd. purple velour urnips); ¼ yd. cream velour (tur-ps); 1 king-size sheet of quilt batting; own carpet thread; pipe cleaners.

Instructions—*For garden (or grass)* race patterns onto lightweight card-oard. Place 8 pattern pieces on green rry cloth, leaving room for ¾-inch am allowances. Trace around each attern piece, using these lines as itching lines. (Do *not* cut the pieces ong these lines; first add ¾-inch am allowances.) Mark location of ckets on each garden piece.

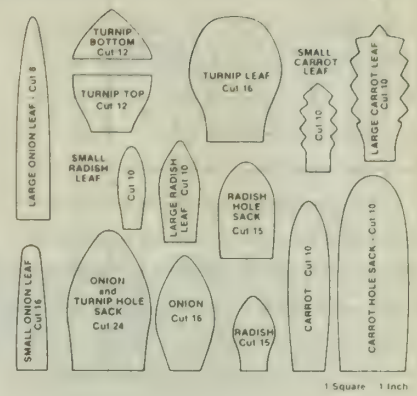


Pickets: Trace picket pattern onto hite velour, adding ½-inch seam al-wances. Cut each piece, turning and ressing seam allowances under. Ma-hine- or hand-appliqué pickets in lace on 4 grass pieces.

With right sides facing, pin 1 grass ection with pickets to 1 grass section without pickets. Cut 3 layers of batting, using the garden pattern. Place layered batting under the 2 grass pieces; stitch the pieces together, leaving an opening between the dots. Trim seams, turn right side out; stitch the opening closed with carpet thread.



Earth (top and bottom): Cut 2 tops and 2 bottoms from brown terry cloth, adding ¾-inch seam allowances. (Do *not* cut holes in top of garden.) To assemble the garden bottom, refer to grass instructions.



To assemble garden top, cut 1 layer of quilt batting; sew according to grass instructions.

Trace around each hole in the garden top with tailor's chalk. Stitch around each hole at least 4 times (through all layers).

Cut and remove the fabric inside each hole, using sharp scissors.

Fabric sacks: Trace sack patterns onto brown terry cloth; cut each piece,

continued

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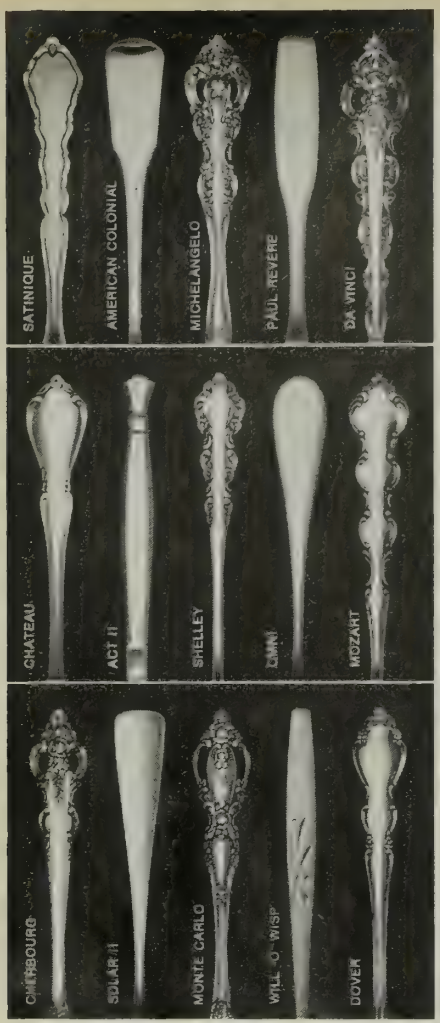
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adding ¾-inch seam allowances. With right sides facing, stitch the sack pieces together, leaving the ends open. Trim seams to ¼ inch.

Turn under raw edges of each sack; position the sacks over the garden holes. Hand-stitch them in place. Push sacks to inside.

To assemble garden: Place garden top facedown on a flat surface with sacks up. Lay grass sections (picket side down) around each edge of the garden top. Pin, baste, and stitch the grass sections to the garden top; then stitch the 4 corners together matching pickets. Finish by stitching the bottom piece in place.

Vegetables: Cut pattern pieces from lightweight cardboard, then place the pattern pieces on the respective fabrics. Cut each pattern piece, adding ½-inch seam allowances.

With right sides facing, stitch leaf and vegetable pieces together, leaving leaf ends and vegetable tops open. Trim seams; turn right side out.

Stuff each soft vegetable with quilt batting, leaving approximately ¾ inch unstuffed at the top.

Bend pipe cleaners in half; insert the top half into a leaf (except the radish leaves). Insert the end of each leaf into the top of one vegetable, placing the bottom half of the pipe cleaners inside the vegetable. Turn under the raw edges along the top of each vegetable; stitch the leaves in place.

"Plant" the vegetables inside the garden holes.

To clean, wash the garden in a cold water cycle and dry in a dryer, using a cool temperature setting.

28. IN-BETWEEN BED, page 67

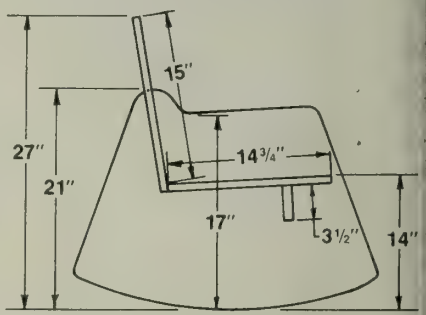
Bed size depends on mattress used. Add 3 inches to both length and width of mattress; cut a piece of ¾-inch plywood to these dimensions.

Join lengths of 1-inch pine lumber to create headboard, footboard, and sides. Headboard measures 20 inches high; footboard is 13 inches high; sides are 11 inches high. (Add 1½ inches to the length to allow for mitered joints.)

Contour the footboard as shown in the photo on page 67; shape the headboard similarly. Cut a heart-shaped motif in each. Cut an area in each side piece for easier access. Miter ends; glue and nail together. Glue and nail plywood bottom inside frame so that top of plywood is recessed 7¾ inches from top of sides. Glue and screw 2x2 legs to inside corners so that top of sides are 18½ inches from the floor. Sand; finish as desired.

29. PLYWOOD ROCKER, page 67

Enlarge rocker side pattern, *below,* and transfer to pieces of 1-inch pine laminated together. Cut out two shapes. Cut out a 13x14-inch pine seat and a 13x15-inch pine back. Cut heart-shaped motif from back and contour edges as shown in the photo on page 67. Glue and nail seat and back to sides. Sand and finish as desired.

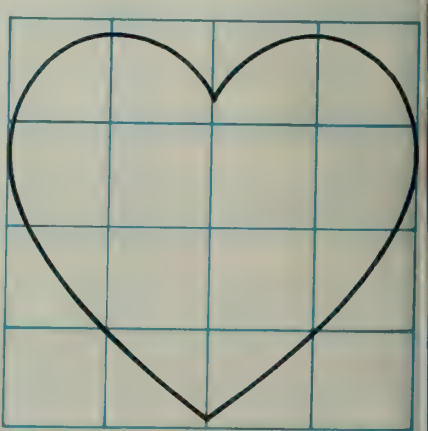


(13" WIDE SEAT)

31. BLOCK PRINT QUILT, page 67

Finished size is 27½x54½ inches.

Enlarge heart and tulip patterns, *below* and on page 81, and transfer to linoleum blocks. Cut away nonprinting areas according to manufacturer's directions; prepare ink for printing.



1 Square = 1 Inch

continued

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CALIFORNIA SUMMER FRUITS

CALIFORNIA TREE FRUIT AGREEMENT

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Cut twenty 6¼x6¼-inch pieces of medium-weight white fabric. Cut two 13½x20-inch pieces of medium-weight white fabric. Print squares with red heart design; print rectangles with tulip design.

Join 2 tulip-printed panels as shown in the photo on page 67. Cut two 2½x53-inch and two 2½x14-inch red polka dot strips for inside borders. Stitch to tulip panel, using ½-inch seams.

For each side heart panel, join 8 heart-printed squares alternately with seven 2½x6¼-inch red polka dot strips, with a heart square on each end. For each end panel, stitch a 3½x6¼-inch red polka dot strip between 2 heart squares. Stitch end and side panels to tulip panel.

Cut a 32x58½-inch red polka dot backing and a 27½x54½-inch piece of polyester quilt batting.

1 Square = 1 Inch



Center top, batting, and backing;

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Regular: 12 mg. "tar", 1.0 mg. nicotine; Menthol: 10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report Dec. '79.

continued

100 ideas under $100

baste together. Machine-quilt along seams. Fold excess backing to right side. Miter corners, fold raw edges under ½ inch; machine-stitch to top of quilt.

32. QUICKPOINT RUG, page 67

Finished size is 28½ x 37½ inches.

Using linoleum blocks from quilt, *above,* print motifs on 7-mesh-per-inch rug canvas. Allow ink to dry thoroughly. Work design with rug yarn in continental or basket weave stitch. Bind edges with rug tape. Add a coating of liquid latex to the back of the rug for a nonskid backing.

35. THRIFTY CARDBOARD SCREEN, page 68

For each screen panel, cut a 19x60-inch piece of hardboard; frame bottom and sides with 1x2s. Paint frames; hinge together.

Enlarge patterns on page 84; next, cut each pattern piece from corrugated kraft paper, using sharp scissors. (Pieces will extend past top of hardboard.) Cut all pieces with the "grain" of the cardboard running in the direction indicated on the pattern. Glue to hardboard with white glue.

38. UPDATED HALL TREE, page 69

Finished height of the hall tree is approximately 74 inches.

For uprights, cut two 18x72-inch rectangles from ¾-inch plywood. Mark a line across each 12¼ inches from bottom and 12 inches in from front edge. Cut out this corner rectangle so that a 59¾-inch-high, 6-inch-wide upright remains on each piece.

Cut a 36-inch-diameter circle from ¾-inch plywood. Cut two 16½x12¼-inch plywood pieces and glue and nail between uprights to form a box (insetting front piece 1½ inches).

Cut a 16½x6-inch shelf; secure it 36 inches from the bottom of the unit. Lay circle on the floor; then center upright assembly over it so that the tops of uprights are flush with the arc of the circle.

Mark position of uprights on circle.

continued

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Offer Terms: This coupon is good when redeemed by you from a consumer at time of purchasing Regina Wine Vinegar. Invoice proving purchase of sufficient stock to cover coupons presented must be shown upon request. Failure to do so will void all coupons. Coupons may not be assigned or transferred. Customers must pay any sales tax. Void where prohibited, taxed or restricted. Cash value 1/20 cent. Offer limited to one coupon per purchase. Send coupons to Heublein, Inc., P.O. Box 1338, Clinton, Iowa 52734.

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continued

100 ideas under $100

Cut a ¾-inch-wide notch down from the top of the upright and up from the bottom of the circle.

Notch pieces together; secure in place. Nail 3 braces between uprights behind circle.

Build a 36x12¾x9-inch-high box for the seat, recessing top 1½ inches. Notch rear of seat box to fit over base box so that top of seat box is 16 inches from the floor.

Sand all edges and surfaces smooth; paint. Add upholstered 2-inch-thick foam cushion, hooks, and mirror.

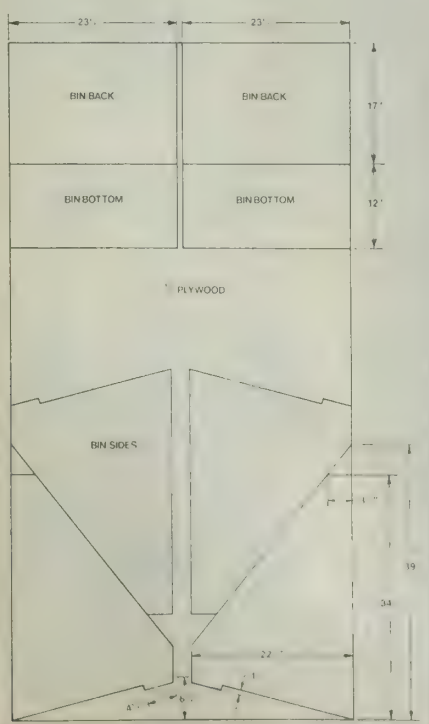
40. LEAN-TO GREENHOUSE MODULE, page 70

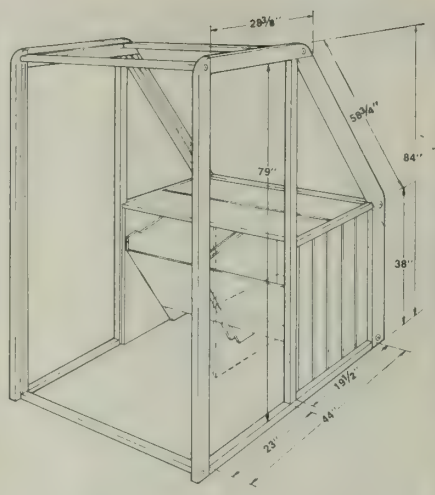
To order Project Plan 50393 for the module, see page 145.

Finished size, 51x51x48 inches high.

Refer to drawing *at right,* for construction details. Cut end uprights from 2x4s; center uprights from 2x2s; and 48-inch horizontals from 2x2s. Angle-cut 2x4 for sloping side. Bolt all frame pieces together.

Add two 23¾x37-inch T-1-11 (exterior grade siding) side panels and





rough-cut 1x12s for inside shelf. Cut two 23¾x34¾-inch bin fronts from T-1-11.

Cut two 23⅛x12-inch bin bottoms and two 23⅛x17-inch bin backs. Cut 4 bin sides as shown in diagram, *below left.* Assemble bins; hinge to unit.

Cut 2x2s for each door frame, adding a 1x12 on edge at bottom. Hinge doors to unit.

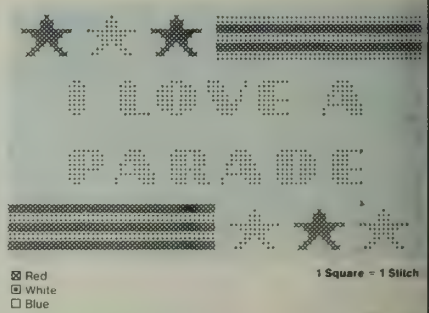
Cover all exposed areas with 6-mil clear polyethylene.

41. CAMPSTOOL CHIC, page 71

To order a complete campstool kit, see page 145.

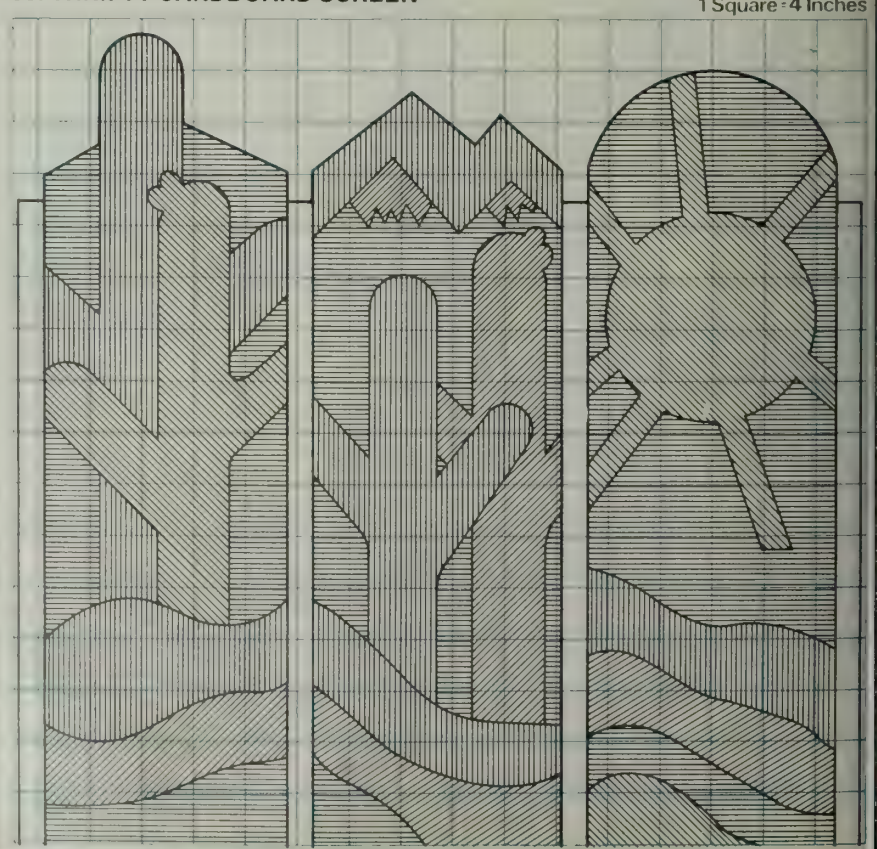
Remove canvas sling from campstool; refinish or paint frame, if necessary. Using the size of the sling as a guide, mark a rectangle on 5-mesh-per-inch canvas. Using pattern, *below,* or desired design, work quickpoint sling in basket weave stitch, using a #13 tapestry needle and a bulky craft or rug yarn in the following colors and amounts: 4 oz. red, 4 oz. white, and 6 oz. blue. Work the white areas first.

Fold raw edges of canvas over and machine-stitch. Back with muslin and reattach sling to frame.



35. THRIFTY CARDBOARD SCREEN

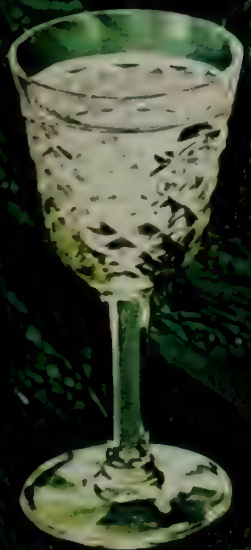
1 Square = 4 Inches



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OO IDEAS
NDER $100

42 Sextet of Tables $48

When you're not using this versatile bunch of tables, you can stack them up and out of the way. For each tabletop, cut a 12½-inch plywood square. Miter four 4x14-inch plywood pieces around the square. Glue and nail the sides on edge around the top. Then glue and screw on three 4x12-inch legs. Coat with high-gloss enamel.



43 Stylish Slat Chair $30

Clean, contemporary design and contoured comfort make his a choice chair. Cut the rounded sides from ¾-inch birch plywood. The seat consists of ½x1-inch hardwood slats that overhang the sides by 1¾ inches. Dado 3/16 inch on each slat end for stability; glue and nail the slats to the chair sides.

For building details, see page 126





45 Ladder-Style Towel Rack $14

One-inch dowels span the two-foot width of this five-foot-high bath unit. The slanted rack is made of 1x3-inch pine and is braced by a three-sided base of 1x6-inch clear pine.

44 Molding Headboard $43

This sophisticated geometric headboard can revitalize a dull bedroom in a jiffy. And although the project has the look of intricately carved wood, it's actually crafted from floor and ceiling moldings. Just nail them to a plywood base for mobility, then add a coat of high-gloss enamel to complement your linens and bedroom decor. **For building details, see page 126.**







46 Macrame Window Panels $7

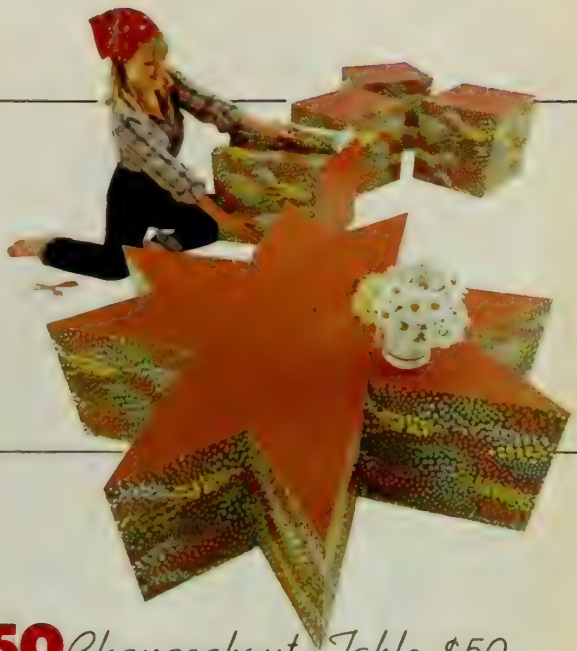
Cut 15-foot lengths of cable cord to s the shutter opening. Mount them with l head knots. Work rows of alternating square knots for the outer panels; use diamond-shaped areas of free-falling c for the inner panels. Attach the macra the shutters.

47 Patchwork Tabletop $15

Brighten your breakfast nook with a cheery log cabin patchwork design, all done with self-adhesive plastic strips. **For details, see page 126.**

100 IDEAS UNDER $100





50 Changeabout Table $50

Instead of stitching patchwork into a quilt, why not enlarge the pieces and build them of wood? Cover the sides with adhesive-backed plastic and paint the tops. Then arrange and rearrange them!

8, 49 Oak Table $86,

nkie Wall Decor $44

wake up your walls, pattern them with handkerchiefs or bandannas. Staple ste them onto a clean wall, then cover dges with lath.

tural wood tones and birch dowels between the legs give this 32x54-inch a quality look. The table legs and skirt mension oak lumber; the top is ¾-oak plywood edged with oak banding.

ilding details, see page 126.



51 Igloo Playhouse $62

This novel 5x4x2½-foot play structure, made of pressure-treated wood, is sturdy enough for years of climbing fun. **For details, see page 126.**

To order Project Plan 50394, see page 144.

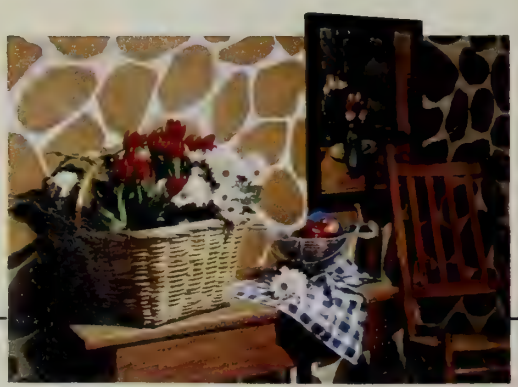
100 IDEAS UNDER $100





52 Bear Rack $8

This appealing mini-coatrack will coax your little ones to hang up their gear. Use ¾-inch pine for the 8x24-inch shelf. The three pegs are made from ½-inch dowels. Paint with high-gloss enamel. **For patterns and details, see page 126**



53 Slate Planter $6

Youngsters can bedeck the sides of this slate and pine planter with chalk drawings, or Mom can post plant names and watering instructions. To make your planter, just buy four slate blackboards, nail them together to form the sides, and add a pine base.



54 "Flagstone" Wall $6

Here's how to give any room a charming touch of the old country. Just tear random-sized "stones" from brown kraft paper. Glue them to a clean or freshly painted wall, working out air bubbles as you go. For protection, coat the wall with spray varnish.



55 Down-in-Front Seating $49

Bring a bit of Saturday matinee nostalgia to your house by adding a row of spruced-up theater seats. Just remove the old upholstery and replace it with plain or vinyl-coated fabric, using the old fabric as a pattern. Then paint the frame with high-gloss enamel, replace the seats, and screw the entire unit to a plywood base for stability.





56 Monumental Pillows $42

Salute your country with a quartet of distinctive landmark pillows. They're yours in next to no time because all the motifs are machine appliquéd. We chose the Golden Gate Bridge, the White House, the Liberty Bell, and the Statue of Liberty for our pillows, but you might substitute your own favorite pieces of Americana. The choices are limitless.

For patterns, see page 126





57 Dazzling Candles $9

You can make ordinary candles look extra bright by standing them in canning jars and adding glass marbles. As each candle burns, just lift it an inch or two for more light.

58 Kitchen Garden $16

Make cabinet doors bloom with bright flowers cut from self-adhesive plastic. First, mark the doors for a 4½-inch grid and lay tape strips. Then cut, the flowers from the plastic and arrange them on the doors.

For patterns, see page 126



59 Glad Rag Shade $17

Transform an ordinary wire frame lampshade with this simple fabric treatment. Rip too-pretty-to-throw-away fabrics into strips and wind them around the wire spokes. **For how-to, see page 126.**



60, 61 Storage Bed $81 and Patch Quilt $21

This roll-out play platform will keep toys out from underfoot. The bed also has storage drawers for toys and clothes on either end. **For details, see page 126.**

Purchased patches take the work out of this quilt. Just stitch patches to fabric blocks; add them to a flat sheet. Back with another sheet and batting, then quilt.

62 Work-of-Art Hammock $98

This order-by-mail lounger is a terrific backyard buy. Its Matisse-like design can weather the great outdoors. Just suspend it between two trees or on a stand. **See Buying Guide, page 142.**



3 Crafty Cityscape $18

om scrap fabrics, cut buildings, trees, sky; attach them to a backing fabric fusible webbing. Glue a braid outline ach shape; line and bind raw edges.



64 Macrame Trellis $39

Your clinging vines should thrive on this intriguing trellis. The center medallion consists of square knots and double half hitches and is worked in synthetic fiber over metal rings. The 36x66-inch frame is made of both hollow metal and threaded rods. Indoors, it also makes a great room divider.

For details, see page 126.





65,66 Show-off Study Corner $44, $5

Two triangular shelf units provide storage and support for a roomy desk top.

Our soft TV pillow airs a "program" based on your child's favorite artwork.

For building and sewing how-to, see page 126.



67,68 Flatware Caddy and Jar Lids $4, $2

This handy wood and dowel caddy keeps knives, forks, and spoons within arm's reach.

Scraps of ½-inch pine turn plain glass jars into handsome show-off containers.

For details, see page 126.

100 IDEAS UNDER $100



69 Hang-It-All Screen $36

Hanging space is all but unlimited on the 33 5/8-inch birch dowels set into three 18x72-inch frames. Posts and headers are 1¾ inches apart; dowels are spaced six inches apart. Add a coat of polyurethane.

70 "Stained Glass" Trio $90

Want to transform ordinary white glass globes into something special? Trace a simple design onto the surface with a china marker. Then retrace the design in liquid lead, available at craft supply outlets (see Buying Guide, page **142**). Color in the outlined design with glass stain. Voilà! Quick chic.



71 Pivot Shelves $23

The Ferris wheel action of this versatile shelf allows flexible headroom for plants. Place it in front of a window or beneath grow-lights. The four-foot-square frame is made of pine 1x4s; shelves are 1x10s. **For construction details, turn to page 126**



2,73 Window Fix-up $5, $10

Add charm plus storage/display space to any window
n this quaint pine shelf and built-in dowel curtain rod.
details, see page 126.
Turn bright tea towels into cheerful cafe curtains. Cut
towels into strips, then restitch alternating motifs. Line
n muslin; add ribbon loops and lace trim.





74 Hardworking Desk $42

All you need for the frame of this handsome desk are pieces of plywood and heavy angle braces. The vertical members are 30 inches tall; the shelf and end pieces are 15 inches wide. The top is 30x46 inches and is surfaced with plastic laminate. Angle-braced corners are exposed 5/8 inch; a 1x4-inch brace is centered in the kneehole.



75 Ladder-Sling News Rack $10

It's easy to keep stacks of magazines handy and on display with this elongated rack. One-inch-diameter dowels, 14½ inches long, are inset into the 1x2-inch side rails and spaced eight inches apart. To make the 12-inch-wide "pocket," stitch one length of muslin to the top dowel. Allow for an 18- to 20-inch drop for each pocket, then stitch the fabric to the second dowel. Continue to the bottom dowel in the same manner.

100 IDEAS UNDER $100



76 Frisky Rocking Horse $29

Surprise the aspiring young equestrian at your house by building this lighthearted rocking horse, designed for supervised play. The steed is mounted on four metal springs and occupies its own corral built atop a sturdy plywood base. Use plugs of frayed hemp rope for the mane and tail, and leather strips for the bridle.

For building specifics, see page 126.

To order Project Plan 50395 for our horse, see page 144.



77 Easy-Sew Kite $9

Is it a bird? Is it a plane? No, it's super kite—made from an assortment of high-flying fabrics from your sewing basket. Hang the kite in an empty corner in your house, then take it outside for some fun on a breezy day.

To order full-size kite pattern, see page 144.



78,79 Bath Uplift $7, $27

To enhance any bath or hall, cut wrapping paper motifs and glue them to mirror and wall. Then create the elegant ceiling fixture. You'll find the fixings and the "turn-of-the-century" shades at lighting and electrical parts stores.

For details, see page 126.

0 Kitchen binet Redo $26

perk up a dreary en, just add painted oard cabinet doors and l-spoon handles. Mount egboard on the face of ld doors or make new by framing hardboard s with 1x2s. Attach the rethaned spoons with y cup hooks.



81 Shower Rod Lamp $41

This shiny tubular lamp is reminiscent of the popular art deco period, but it's at home with many decors. And it's a snap to make. **For details, see page 126.**





82 Cheap Track $67

This inexpensive light track makes reading in bed more enjoyable. Clamp-on light fixtures grasp the one-inch-square chrome shower rod for easy adjustment. The 60-inch pine frame is built of 1x4s to receive the shower rod brackets.



83 Fruit Baskets $16

You can turn even dime-a-dozen baskets into appetizing accessories by simply gluing on felt and fabric fruit shapes. **For patterns and how-to, see page 126.**

84 No-Mess Art $57

Budding artists will have a ball with this big-as-life canvas to paint on. When a picture is finished, fresh paper can be rolled down. **For all building details, see page 126.**



100 IDEAS UNDER $100



85 Fanciful Mobile $3

Cut some super simple shapes from colorful poster board and you have the making of this spirit-lifting mobile—perfect for nursery or playroom. Just string four birds from a pair of fluffy clouds and suspend the mobile from the ceiling.

86 I-Beam Light $39

This over-a-peninsula unit keeps your stemware on display and within reach. Cut two 16x60-inch pieces of ¾-inch plywood. From one, cut a 5x50-inch rectangle and line it with translucent acrylic; install the lighting fixture and wiring to the underside of the other piece. Build a 7½x53x8-inch-high plywood box; glue and screw the rectangles to the box as shown. Edge with 1x3s, paint, and hang the unit from ceiling joists.

87 Barn Board Wall $12

Weathered barn boards and bright acrylic paints combine handsomely in this totem-like wall that can "stretch" to fit any space. Boards are layered (three deep in some spots) with the grain of the wood going in opposite directions on alternate layers.



88 Abacus Art $16

Count on a lot of compliments when you display this abacus-styl wall ornament made from beads, welding rod, and pine. **For details, see page 126**







89,90 Workshop Table $65 and Companion Cabinet $80

This rugged, well-designed worktable is every handyman's dream. Partner it with this heavy-duty storage cabinet, and you have the best workshop around. **For building details, see page 126**

To order Project Plan 50396, turn to page 144



91 Needlepoint Numbers $23

Here's how to show off your house numbers and your handiwork. Use weather-safe fibers on plastic canvas, staple the mesh edges to a pine frame made of 1x2s, and back with tempered hardboard.

92 Fretwork Table $21

You'll find dozens of uses for this distinctively designed hexagonal table made entirely of plywood. **For pattern and building how-to, see page 126**





93 Portable Plant Tray $30

This 25x39-inch hold-anything unit is made of one-inch clear pine and stands 25 inches tall at the corners. Pine 1x6s spaced one inch apart form the slatted bottom. Finish with a coat of polyurethane.

94 Easygoing Cart $82

Your garden hauling is a snap with this ig-bed (24x40-inch) cart. Bicycle heels give extra maneuverability and cushioned ride that's easy on the awn. All holes, even in the plywood ed, are predrilled for easy assembly ith a 7/16-inch wrench. **Buying formation, page 142.**



95 Desk Accessories $11

Jazz up an ordinary tabletop with brightly painted desk accessories like these. To create your own personal set of items, cut 1/8-inch-thick hardboard into a variety of easily recognizable shapes—a telephone, books, flowers, or a cut-crystal decanter. Then paint the pieces and tack simple L-shaped stands to the backs.



96 Low-Down Lounger $28

Relax in comfort on this contoured floor-level lounge hair. Pine cross members hold the plywood side anels in place. Stretched webbing supports the three-nch foam that wraps around the chair and pads the ides. A fabric envelope covers the unit. You can stack wo or more chairs on top of each other to save space. **or details, see page 126.**





97 Can Lid Splashboard $4

Blow the lid off dull kitchen counters by attaching sparkling tin can lids to the wall areas below your cabinets. First, paint the area with high-gloss enamel. Once you've saved enough can lids, hammer the edges flat and secure the lids to the wall with adhesive strips or acrylic sealer. Use lids of the same diameter, as we did, or vary the sizes depending on the area you plan to cover.



98 Bunk Bed With Bonuses $64

More than just a bunk bed, this unit also boasts a desk, shelf, and storage bins. Corner bracing plates on the four 2x4 posts support the mattress and extra features. The main ingredients of this sturdy unit are plywood and dimension pine lumber, plus ¼x2-inch lag screws. **For details, see page 126.**

To order Project Plan 50397 for our bed, see page 144.



99 Old-Timey Cabinet $98

For a bit of do-it-yourself nostalgia, try this copy of an old-style cabinet. The simple box construction features pine tongue-and-groove and beveled cleats on the back sides of the doors. **For building how-to, see page 126.**

100 Double-Duty Bench $84

With a flick of the wrist you can turn this easy-to-assemble garden bench into half of a six-foot-long picnic table. **For more information, see Buying Guide, page 142.**



IDEA BONUS!

10 GREAT BUYS UNDER $200

You can't overdo a good thing, so here are more ideas: ten terrific buys, each priced under $200, for practically every room in your house. We searched until we came up with an assortment of great values for your money—attractive and functional items to brighten every corner of your home. You can even add your own special touches to personalize these ready-made finds. For more information, see the Buying Guide, page142 .









1. Woven lover's knot quilt and quilt stand $190 Here's a pair of traditional bedroom ideas—a reversible quilt that fits a double-size bed or hangs gracefully from the wooden stand.

2. Woven rug $125 A colorful folk art pattern is repeated along the entire length of this 24x65-inch woven floor runner. The rug is sized just right for hallways.

3. Will Barnet posters $145 Deck your walls with museum-quality reproduction posters like these.

4. Baby cradle $180 Gently rock your baby to sleep in this solid pine Early American cradle.

5. Snowshoe furniture $160 This three-piece set of versatile indoor/outdoor furniture goes together in next to no time.

6. Primitive mini-chest $165 Store anything from toys to out-of-season blankets in this handsome old-fashioned chest.

7. Convertible children's furniture $195 Create a work shop/playroom from these sturdy knockdown furniture pieces.

8. Shaker wall clock $140 This Shaker-style clock is a lovely addition to antique or contemporary furnishings.

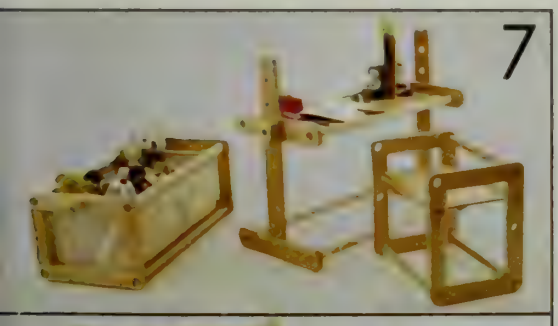
9. Queen Mary deck chair $115 Relax in comfort with this canvas-sling deck chair. For a companion throw, stitch this quick-and-easy one from shirt flannel.

10. Sleeping bag and tent $180 Assemble these two camping accessories from easy-sew kits and appliqué a bright design on the front of the bag.















Easy-Does-It Summer Meals

By Rosemary C. Hutchinson

When the outdoors beckons and the family is rarin' to go, no one wants to bother with preparing meals—but everyone will be ravenous when dinnertime rolls around. Our five meals can save the day because they're so easy to fix no one gets stuck in the kitchen. Besides that, they're downright delicious!



NO-WATCH DINNER

This tasty meal cooks on its own, freeing everyone to join in summertime activities. All you need to pull it off are a barbecue with a spit (or oven) and a crockery cooker. The recipes are especially well suited to a backyard get-together since they serve from eight to ten people. The meat for **Pineapple-Orange Rump Roast** grills slowly on the barbecue spit (or roasts in the oven) and requires only a last-minute brushing with the tangy sweet-sour sauce. For the vegetable side dish, sliced zucchini, fresh corn, and sliced mushrooms cook in the crockery cooker while you play. Fifteen minutes before serving, just stir in the sour cream-dill sauce and you have **Creamed Zucchini and Corn.** Prepare the cream cheese-coffee mold ahead for **Strawberry-Topped Coffee Creme.** At serving time, unmold the ring, fill it with halved strawberries, and you have a show-stopping dessert with no last-minute hassle.

Recipes begin on page 118. Buying information, page142

Photographs: George de Gennaro. Illustration: Tom Nachreiner, Art Factory Ltd.
Food stylist: Mable Hoffman





Easy-Does-It Summer Meals

PARTY FROM THE DELI

Does the fuss and bother of entertaining turn you off when the temperature goes up? Here's a special-occasion menu that's so easy you can spend the day enjoying the sun and still have friends in for dinner that night. With foods from your local delicatessen, the deli counter of your grocery store, or your supermarket refrigerator case, you can whip up this meal in minutes. Start by embellishing ready-cooked fried chicken with a zesty chili-peach sauce for **Festive Peachy Chicken.** Then concoct **Deli Bean and Potato Salad** by tossing purchased three-bean salad with canned potatoes, romaine, onion, dillweed, and mustard. Flavor ready-to-eat pudding with white crème de cacao or orange liqueur and layer the pudding with crumbled oatmeal cookies for **Speedy Party Parfaits.** Finally, just add a bottle of your favorite wine and French bread, and dinner's ready to serve.

Recipes begin on page 118 Buying information, page 142





Easy-Does-It Summer Meals

SUPPER ON ICE

Call on this menu whenever it's too hot to cook but everyone's hungry. You can assemble the whole spread without heating up the kitchen. All the ingredients are used out of the can or package without cooking. For starters, refresh all ages with both grape juice and wine versions of **Apricot Cooler**. Make the main dish **Paella Supper Salad**—perfect for sultry summer days. It's surprisingly substantial, with its layers of lettuce, canned Spanish rice, olives, cabbage, ham, cheese, and shrimp. Sensational **Fresh Fruit Torte** features store-bought pound cake layered with sweetened ricotta cheese, fresh berries, and banana.



ANYTIME DINNER

Here's a made-to-order menu for those days when summer activities rule out a "regular" dinner hour. The early birds can enjoy the meal hot from the oven, then stash the leftovers in the refrigerator for the stragglers. **Creamy Bean and Broccoli Toss** is a blend of green beans, broccoli, carrots, and a tangy buttermilk dressing. **Summertime Meat Loaf** gets its unique flavor from cottage cheese, carrots, green pepper, and a mustard-tomato sauce. The ready-when-you-are dessert is **Coconut-Granola Bars** which go together in a jiffy with date quick bread mix.

Recipes begin on page 118. Buying information, page 142





Easy-Does-It Summer Meals

PARTICIPATION PICNIC

With this easy-to-assemble menu, hosting a backyard picnic is a snap. All you do is set out the ingredients. When the gang first arrive, get them to crank out **Brownie-Peanut Butter Ice Cream** so it has a chance to ripen. For between-event nibbling, set out vegetable dippers and **Avocado-Yogurt Dip**. Finally, let each person devise his or her unique **Do-It-Yourself Sandwich Bundles**, using the yeast dough and filling ingredients you've prepared ahead.

Recipes begin on page 118 . Buying information, page 142



Quick Soups and Stews

Pear Desserts

Do you have a recipe for an easy soup or stew that cooks up lickety-split? Or do you have a unique dessert idea that features pears? Send us your recipes—you could be a winner next February. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners receive $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next February. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Quick Soups and Stews

Your main dish recipe should take 45 minutes or less from start to finish. Does your ingenious idea start with a sauce mix or canned soup? Tips: **off-the-shelf bouillabaisse, Oriental vegetable soup, speedy chicken 'n dumpling stew.**

Pear Desserts

Send us your original dessert idea that calls for fresh, canned, or dried pears or pear nectar in a shortcake, trifle, soufflé, refrigerated or frozen dessert, etc. Hints: **pear-raspberry parfaits, baked pears in orange sauce, pear-mocha mousse.**

THIS MONTH'S WINNERS

(See recipes on pages 115 and 116.)

Cooks-of-the-Month

Mrs. Shirley DeSantis, Bethlehem, Pa.
Mrs. Homer Hooks, Leesburg, Fla.

Runners-up

Mrs. Barbara C. Gossage, Springfield, Va.
Phyllis L. Kendall, Arlington, Va.
Anthony Mango, Parsippany, N.J.
Stacy Zarubi, Sparks, Nev.

Honor Roll

Helen L. Abraham, Glyndon, Md.
Elizabeth H. Dettor, Timonium, Md.
Julie Ann Hill, Burley, Idaho
Mrs. James M. Irwin, McMinnville, Tenn.
Shirley Lavender, Saylorsburg, Pa.
Vera Mackiw, Cherry Hill, N.J.
Mrs. Johnny Muller, Pipestone, Minn.
William L. Tear, Laura, Ill.
Kathleen Thompson, Phoenix, Ariz.
Mrs. L. Yashowitz, Mastic, N.Y.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "July Quick Soups and Stews" or "July Pear Desserts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, July 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8007 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**



"My original recipe for Chicken Salad Waldorf includes Lea & Perrins Worcestershire Sauce. Is there any other?"

–Chef Louis Szathmáry, Owner, The Bakery Restaurant, Chicago, Ill.



"As far as I'm concerned, Lea & Perrins is the original and only worcestershire sauce. I started using it in Europe over 30 years ago—and have used it exclusively since. It adds a special taste to my Chicken Salad Waldorf—and my other recipes, too." Creative chefs all over the world use Lea & Perrins to add a distinctively delicious taste to their original recipes.

Unlike its imitators, Lea & Perrins is naturally aged in wooden casks. It takes over two years to reach peak flavor. And Lea & Perrins' century-old recipe uses only natural ingredients. Try the recipe below or create your own with the Original Worcestershire Sauce—Lea & Perrins.

Make your next dish an original with the Original Worcestershire Sauce—Lea & Perrins.

Chef Szathmáry's Chicken Salad Waldorf

1½ c. mayonnaise
½ tsp. salt
2 tsp. Lea & Perrins Worcestershire Sauce
3½ c. cooked chicken chunks
2 c. diced red delicious apples, or similar
1 c. diced celery
½ c. chopped walnuts

In a large bowl combine mayonnaise, salt and Lea & Perrins. Add chicken, apples, celery and walnuts; mix well. Serve on lettuce garnished with apple slices and celery leaves, if desired. Yield: 6 portions (5 cups).

For more recipes, see our free cookbook offer on the bottle.



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File under Meats

Buying information, page 142

Hot Dog Ideas

Frank 'n Chili Manicotti Olé

This top-rated recipe is a super easy fix-up for hot dogs—

10 manicotti shells
6 ounces Monterey Jack cheese
10 frankfurters
2 15-ounce cans chili with beans
1 7½-ounce can tomatoes and jalapeños

Cook manicotti in boiling salted water according to package directions till just tender. Drain; set aside. Shred about two-thirds of the cheese; set aside. Cut remaining cheese into 4-inch strips. Slit frankfurters lengthwise; insert a strip of cheese in each. Place one cheese-stuffed frank inside each cooked manicotti shell. In a medium bowl combine the chili with beans and the tomatoes and jalapeños; spoon about 2 cups of the mixture into bottom of a 13x9x2-inch baking dish. Arrange the 10 filled manicotti shells atop sauce in dish; pour remaining chili mixture over. Cover; bake in a 350° oven for 25 minutes. Uncover; sprinkle the shredded cheese atop. Bake 10 minutes more or till cheese is melted and mixture is heated through. Makes 5 or 6 servings.

Mrs. Shirley DeSantis, Bethlehem, Pa.



File under Canning and freezing

Photographs: Dieter

Pickles and Relishes

Easy Refrigerator Pickles

Top honors go to these crisp, fuss-free pickles—

6 cups thinly sliced cucumbers
2 cups thinly sliced onions
1½ cups sugar
1½ cups vinegar
½ teaspoon salt
½ teaspoon mustard seed
½ teaspoon celery seed
½ teaspoon ground turmeric

In a glass or crockery bowl alternately layer the sliced cucumbers and onions. In a medium saucepan combine sugar, vinegar, salt, mustard seed, celery seed, and ground turmeric; bring to boiling, stirring just till sugar is dissolved. Pour vinegar mixture atop cucumber-onion mixture; cool slightly. Cover tightly; **refrigerate pickles at least 24 hours before serving.** Store up to 1 month in refrigerator. Makes 7 cups.

Mrs. Homer Hooks, Leesburg, Fla.



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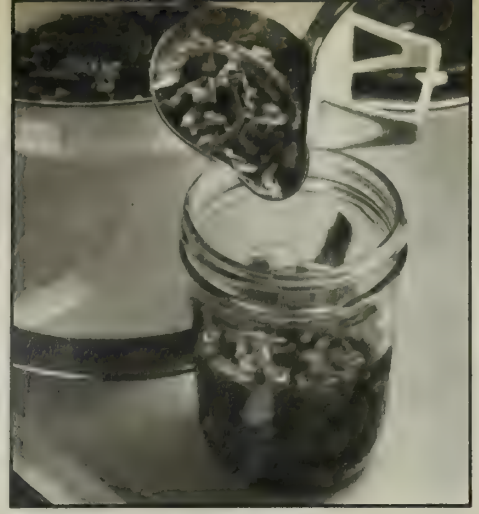


Fruited Chili Relish

5 pounds (15 medium) ripe tomatoes, peeled, cored, and chopped (8 cups)
3 medium apples, peeled, cored, and chopped (3 cups)
3 medium pears, peeled, cored, and chopped (2 cups)
3 medium peaches, peeled, pitted, and chopped (1½ cups)
1½ cups chopped onion
1 medium green pepper, chopped
1 medium sweet red pepper, chopped
2 cups vinegar
2 cups sugar
¼ cup mixed pickling spice

In Dutch oven mix fruits and vegetables with vinegar, sugar, and 1 tablespoon *salt*. Tie pickling spice in a cheesecloth bag; add to mixture. Bring to boiling; boil, uncovered, 45 to 60 minutes or till reduced by half. Remove spice bag; pour mixture into hot, clean pint jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath for 10 minutes (start timing when water boils). Makes 5 pints.

Stacy Zarubi, Sparks, Nev.



Ruby Beet Relish

6 cups coarsely shredded red cabbage
4 cups shredded, peeled, cooked beets
1¾ cups finely chopped celery
1 cup chopped onion
1⅔ cups sugar
1½ cups white vinegar
1 cup cranberry juice cocktail
2 tablespoons prepared horseradish
1 teaspoon salt
½ teaspoon finely shredded orange peel
⅛ teaspoon cayenne

In a 4-quart kettle or Dutch oven combine vegetables with sugar, vinegar, cranberry juice, horseradish, salt, orange peel, and cayenne. Bring to boiling. Reduce heat; simmer, uncovered, 5 minutes, stirring frequently. Ladle hot relish into hot, clean pint jars, leaving ½-inch headspace. Wipe rims; adjust lids. Process in boiling water bath for 15 minutes (start timing when water boils). Serve chilled as a meat accompaniment. Makes 4 pints.

Barbara C. Gossage, Springfield, Va.



Sweet 'n Sour Frankwiches

8 frankfurters (1 pound)
1 16-ounce can sauerkraut, drained
¼ cup chili sauce
1 tablespoon brown sugar
4 hamburger buns, split and toasted
¾ cup dairy sour cream
2 tablespoons chopped pimiento-stuffed olives
1 tablespoon milk

With a sharp knife, slit each frankfurter crosswise into 7 sections, about ½ inch apart, **cutting almost to, but not through other side.** Shape each cut frank into a circle; set aside. Meanwhile, in a small saucepan heat drained sauerkraut, chili sauce, and brown sugar till bubbly; spoon some of mixture atop each bun half. Top each bun half with a frankfurter circle. Combine the sour cream, olives, and milk. Fill frankfurter centers with sour cream mixture. Place buns on baking sheet; broil 3 to 4 inches from heat for 6 minutes. Makes 8 servings.

Phyllis L. Kendall, Arlington, Va.



Frankfurter-Filled Pitas

3 slices bacon, cut in 1-inch pieces
1 medium onion, sliced and separated into rings (½ cup)
¾ cup sliced celery
1 medium green pepper, seeded and cut into 2-inch strips
1 pickled pepper, chopped
1 pound frankfurters, sliced ½ inch thick (3 cups)
3 tablespoons brown sugar
2 tablespoons red wine vinegar
2 tablespoons catsup
½ teaspoon Worcestershire sauce
¼ teaspoon dry mustard
3 6-inch pita bread rounds, halved

In a 3-quart saucepan cook bacon till partially done; drain off all but 1 tablespoon drippings. Add onion, celery, green pepper, and pickled pepper to pan; cook over medium heat till vegetables are tender. Add frankfurters, sugar, vinegar, catsup, Worcestershire, and mustard. Heat to boiling; reduce heat. Simmer, uncovered, 10 minutes. Spoon into pita halves. Serves 6.

Anthony Mango, Parsippany, N.J.

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ce Cream Sandwiches

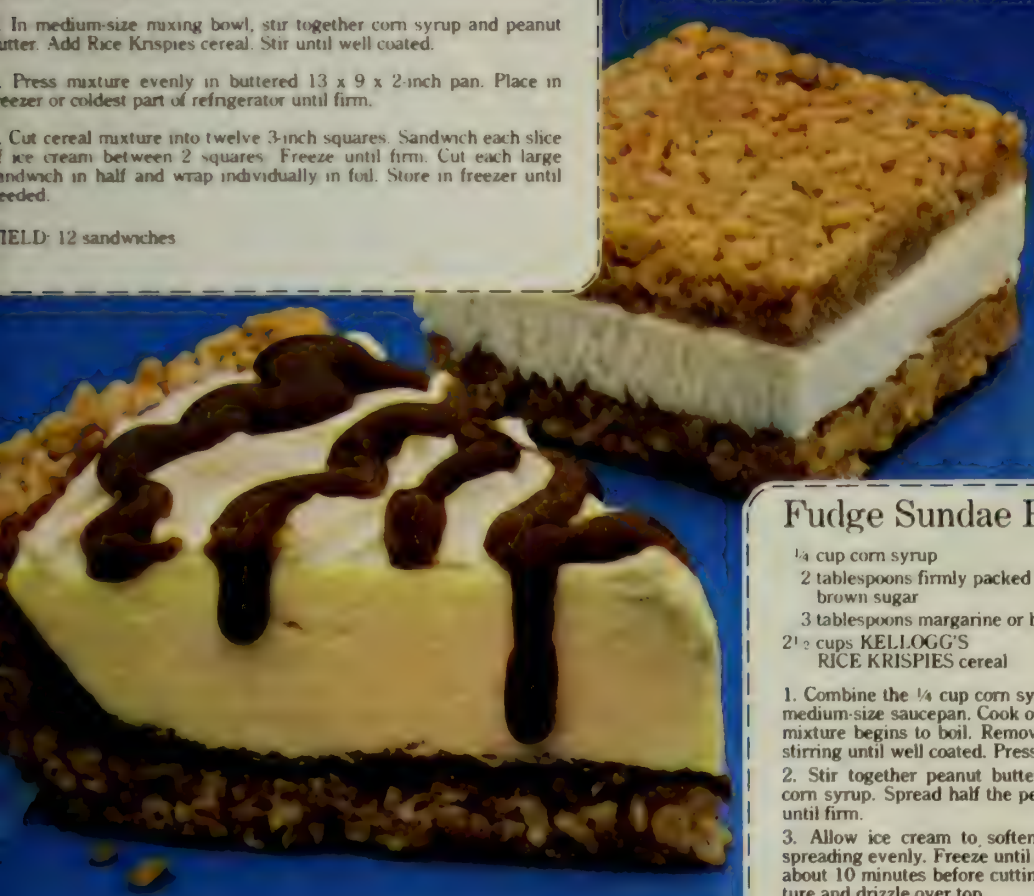
cup corn syrup
cup peanut butter
cups KELLOGG'S RICE KRISPIES cereal
pint ice cream, cut into 6 slices

In medium-size mixing bowl, stir together corn syrup and peanut utter. Add Rice Krispies cereal. Stir until well coated.

Press mixture evenly in buttered 13 x 9 x 2-inch pan. Place in eezer or coldest part of refrigerator until firm.

Cut cereal mixture into twelve 3-inch squares. Sandwich each slice ice cream between 2 squares. Freeze until firm. Cut each large ndwich in half and wrap individually in foil. Store in freezer until eeded.

IELD: 12 sandwiches



Fudge Sundae Pie

- ¼ cup corn syrup
- 2 tablespoons firmly packed brown sugar
- 3 tablespoons margarine or butter
- 2½ cups KELLOGG'S RICE KRISPIES cereal
- ¼ cup peanut butter
- ¼ cup fudge sauce for ice cream
- 3 tablespoons corn syrup
- 1 quart vanilla ice cream

1. Combine the ¼ cup corn syrup, the brown sugar and margarine in medium-size saucepan. Cook over low heat, stirring occasionally, until mixture begins to boil. Remove from heat. Add Rice Krispies cereal, stirring until well coated. Press evenly in 9-inch pie pan to form crust.
2. Stir together peanut butter, fudge sauce and the 3 tablespoons corn syrup. Spread half the peanut butter mixture over crust. Freeze until firm.
3. Allow ice cream to soften slightly. Spoon into frozen piecrust, spreading evenly. Freeze until firm. Let pie stand at room temperature about 10 minutes before cutting. Warm remaining peanut butter mixture and drizzle over top.

YIELD: 8 servings

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GENERAL FOODS

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begins on page 104

Summer meals

PINEAPPLE-ORANGE RUMP ROAST

For easier slicing, cut the strings on the roast first—

1 small onion, finely chopped
1 tablespoon cooking oil
2 tablespoons brown sugar
2 teaspoons cornstarch
½ teaspoon salt
½ cup catsup
½ cup water
½ of a 6-ounce can (⅓ cup) frozen pineapple-orange juice concentrate
2 tablespoons steak sauce

• • •

Meat tenderizer (optional)
1 4-pound boneless beef round rump roast
Orange slices (optional)
Watercress (optional)

In a saucepan cook onion in oil till tender but not brown. Stir in brown sugar, cornstarch, and salt. Blend in catsup, water, pineapple-orange juice concentrate, and steak sauce. Heat and stir till mixture bubbles and concentrate is melted; cook and stir 1 minute more. Set aside.

If desired, treat roast with meat tenderizer according to label directions. Insert spit rod through center of roast, not touching metal rod or fat. Attach spit to grill; position drip pan in firebox under meat. Place *medium* coals around drip pan. Roast over medium coals till meat thermometer registers 160° for medium, 2 to 2½ hours. (Or roast in a 325° oven for 2 to 2½ hours.) Brush frequently with sauce during the last 20 minutes of roasting. Let stand 15 minutes before slicing. Heat remaining sauce to pass with meat. If desired, garnish roast with orange slices and watercress. Makes 8 to 10 servings.

CREAMED ZUCCHINI AND CORN

Use a knife to cut kernels from corn cobs , working from top to bottom—

3 ears corn on the cob *or* one 12-ounce can whole kernel corn
5 cups sliced zucchini
½ cup sliced fresh mushrooms *or* one 4-ounce can sliced mushrooms, drained
3 tablespoons chopped pimiento
1 teaspoon instant chicken bouillon granules
½ cup dairy sour cream
1 tablespoon all-purpose flour
1 teaspoon dried dillweed
½ teaspoon salt

If using fresh corn on the cob, remove kernels from ears (should have 1½ cups). In 3½- or 4-quart crockery cooker combine fresh corn or *undrained* canned corn, zucchini, mushrooms, pimiento, and bouillon granules. Cook, covered, on HIGH setting for 2 hours. Blend together the sour cream, flour, dillweed, and salt. Stir into hot mixture; cook about 15 minutes or till heated through, stirring occasionally. Makes 8 to 10 servings.

STRAWBERRY-TOPPED COFFEE CREME

You can use almost any fresh fruit for this elegant mold—

1 envelope unflavored gelatin
1 teaspoon instant coffee crystals
¼ cup cold water
1 8-ounce package cream cheese, softened

½ cup sugar
¼ cup coffee-flavored liqueur
cup whipping cream

• • •

pint fresh strawberries, halved
¼ cup sugar

In a small saucepan soften gelatin nd coffee crystals in cold water. Heat nd stir over low heat till gelatin and offee are dissolved. Cool to room tem- perature. In small mixer bowl beat ether the cream cheese and the ½ c ugar. Beat in gelatin mixture and ee liqueur. Chill till mixture is ially set (the consistency of unb gg white). Whip cream to soft p Fold into gelatin mixture. Spoon 4-cup mold. Cover and chill at ours or overnight.

To serve, unmold coffee cre nto serving platter by dipping m quickly into a basin of warm water Combine strawberries and remain- ng ¼ cup sugar. Serve with coffee nold. Makes 8 servings.

FESTIVE PEACHY CHICKEN

f you use frozen fried chicken, prepare t according to package directions and while it's still warm, add it to the auce in the skillet—

12 pieces purchased fried chicken

• • •

¼ cup chopped onion
tablespoon butter *or* margarine
½ cup chili sauce
4½-ounce jar strained peaches
½ cup water
¼ cup light raisins
2 tablespoons brown sugar
1½ teaspoons Worcestershire sauce

• • •

fresh peaches *or* nectarines, peeled and sliced *or* one 16-ounce can sliced peaches, drained

Heat chicken in a shallow baking dish in a 350° oven for 15 minutes or till hot. Meanwhile, in 12-inch skillet cook onion in butter or margarine till tender but not brown. Stir in chili sauce, strained peaches, water, raisins, brown sugar, and Worcestershire sauce. Bring to boiling; reduce heat. Simmer, uncovered, for 3 to 5 minutes or till ingredients are blended and hot. Stir in peaches or nectarines. Add chicken, spooning sauce over; heat 1 to 2 minutes more. Makes 6 servings.

continued



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vered it himself.



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continued

Summer meals

DELI BEAN AND POTATO SALAD

You can also use canned three-bean salad—

1 16-ounce can sliced potatoes, chilled and drained
½ pint (1 cup) purchased marinated three-bean salad
4 cups torn romaine
1 small red onion, sliced and separated into rings

• • •

1 tablespoon fresh dillweed, snipped *or* 1 teaspoon dried dillweed
1 teaspoon paprika
½ teaspoon dry mustard
Romaine

Cut up larger slices of potatoes. Drain three-bean salad, reserving marinade. In bowl combine potatoes, three-bean salad, torn romaine, and onion. Add dillweed, paprika, and mustard to reserved marinade. Toss with salad. Serve salad in a romaine-lined salad bowl. Makes 6 servings.

SPEEDY PARTY PARFAITS

Canned or refrigerated pudding can be used in place of pudding from the deli—

1 pint (2 cups) purchased vanilla, chocolate, *or* lemon pudding
1 cup dairy sour cream
2 tablespoons sifted powdered sugar
2 tablespoons white crème de cacao *or* orange liqueur (optional)
1½ cups coarsely crumbled oatmeal cookies (8 cookies)
¼ cup pecan halves
2 lemon slices, cut in thirds

In a bowl blend together the pudding, sour cream, sugar, and liqueur, if desired. Combine the crumbled cookies and pecans. Spoon *half* of the pudding mixture into six parfait glasses or sherbets. Set aside one-fourth of the crumb mixture; divide remaining crumb mixture among parfait glasses or sherbets. Top with remaining pudding and reserved crumb mixture. Trim each serving with a lemon piece. Makes 6.

APRICOT COOLER

The grape juice version of this drink is ideal for children's parties—

2 cups dry white wine *or* white grape juice, chilled
1 12-ounce can (1½ cups) apricot nectar, chilled
1 10-ounce bottle (1¼ cups) lemon-lime carbonated beverage, chilled
Ice

In a large pitcher combine wine or grape juice and apricot nectar. Gradually pour in the carbonated beverage. Mix gently. Serve over ice. Makes 9 (4-ounce) servings.

PAELLA SALAD SUPPER

If you like, substitute cooked chicken for the ham—

½ cup catsup
2 tablespoons red wine vinegar
2 tablespoons cooking oil
1 teaspoon Worcestershire sauce
½ teaspoon dried oregano, crushed
¼ teaspoon onion powder

• • •

4 cups torn lettuce
1 15-ounce can Spanish rice
1 cup sliced pitted ripe olives
2 cups shredded cabbage
1½ cups cubed fully cooked ham *or* one 6½-ounce can chunked ham, drained
½ cup shredded cheddar cheese
1 6-ounce package frozen cooked shrimp, thawed *or* one 4½-ounce can shrimp, drained
½ small cucumber, sliced
1 small tomato, cut in wedges

In jar with screw-top lid combine catsup, vinegar, cooking oil, Worcestershire sauce, oregano, and onion powder. Cover; shake till well combined. Chill thoroughly.

In large salad bowl layer or combine lettuce, Spanish rice, olives, cabbage, ham, cheese, shrimp, cucumber slices, and tomato wedges as desired. To serve, toss dressing with salad. Makes 6 to 8 servings.

FRESH FRUIT TORTE

Try this dessert with finely chopped peeled peaches or nectarines in place of the berries—

1 10¾-ounce package frozen pound cake, thawed

• • •

1 cup ricotta cheese
¼ cup sifted powdered sugar
1 teaspoon vanilla

continued



continued

Summer meals

1 large banana, thinly sliced
Lemon juice

• • •

1½ cups fresh raspberries, blueberries, *or* sliced strawberries

Cut pound cake horizontally in three layers. Set aside. In small mixer bowl beat together ricotta cheese, sugar, and vanilla. Dip banana slices in lemon juice. Set aside several slices for garnish.

Arrange remaining slices over bottom layer of cake. Spread *one-third* of the ricotta mixture over banana. Set aside some berries for garnish. Top cheese layer with *half* of the remaining berries. Add middle cake layer. Spread with a second third of the cheese mixture and the other half of the berries. Top with last layer of cake. Frost top of cake with remaining cheese mixture. Garnish with reserved banana slices and berries. Cut in slices to serve. Makes 6 to 8 servings.

CREAMY BEAN AND BROCCOLI TOSS

If you grow carrots in your garden, substitute eight fresh tiny whole carrots for the canned ones. Just cook them in boiling salted water for 20 minutes—

½ cup mayonnaise *or* salad dressing
⅓ cup buttermilk
1 0.4-ounce envelope buttermilk salad dressing mix
2 teaspoons anchovy paste
¼ teaspoon onion powder

• • •

1½ cups fresh green beans, cut into 1-inch pieces *or* one 10-ounce package frozen cut green beans
1½ cups fresh chopped broccoli *or* one 10-ounce package frozen chopped broccoli

• • •

1 16-ounce can whole small carrots, drained
Leaf lettuce (optional)

In a bowl stir together mayonnaise or salad dressing, buttermilk, buttermilk salad dressing mix, anchovy paste, and onion powder. Cover and refrigerate till serving time. Meanwhile, in large saucepan cook fresh green beans, covered, in boiling salted water 10 minutes. Add chopped fresh broccoli; cook, covered, 5 to 10 minutes more or till tender. (Or prepare frozen vegetables according to package directions.) Drain vegetables well. Combine with carrots. Cover and chill. Just before serving, fold desired amount of salad dressing mixture into vegetables. Spoon into leaf lettuce-lined bowl. Cover and chill any remaining salad. Makes 8 servings.

SUMMER MEAT LOAF

½ cup chopped onion
½ cup shredded carrot
¼ cup chopped green pepper
2 slightly beaten eggs
1½ cups soft bread crumbs (2 slices bread)
1 cup cottage cheese, drained
1 teaspoon salt
1 teaspoon poultry seasoning
2 pounds ground beef
¾ cup catsup
⅓ cup packed brown sugar
1 tablespoon dry mustard



In a saucepan cook onion, carrot, and green pepper, covered, in a small amount of boiling water, 5 minutes or till tender; drain vegetables. Combine with eggs, bread crumbs, cottage cheese, salt, and poultry seasoning. Add beef; mix well. Pat into a 9x5x3-inch loaf pan. Bake, uncovered, in a 350° oven for 1½ hours. Pour off excess fat from meat loaf. In a saucepan combine catsup, brown sugar, and mustard; heat through. Serve meat loaf either hot or cold with catsup mixture. Makes 8 servings.

COCONUT-GRANOLA BARS

To dress up these chewy bars, dust them with powdered sugar—

1 17-ounce package date quick bread mix
½ cup quick-cooking rolled oats
½ cup flaked coconut
½ teaspoon ground cinnamon
1 egg
1 cup orange juice

In a bowl stir together bread mix, oatmeal, coconut, and cinnamon. Beat together the egg and orange juice. Stir into dry ingredients just till moistened. Spoon into a greased and floured 11x7x1½-inch baking pan. Bake in a 350° oven for 35 to 40 minutes. Cool on a wire rack. Cut into bars. Makes 20 to 24 cookies.

BROWNIE-PEANUT BUTTER ICE CREAM

Purchase brownies from your grocer's bakery or freezer section or make them from a mix—

2 cups milk
1 cup sugar
1 cup peanut butter
¼ teaspoon salt
4 cups light cream
1 cup chopped salted peanuts
1 tablespoon vanilla

• • •

2 cups crumbled brownies

In a blender container combine milk, sugar, peanut butter, and salt. Cover; blend till smooth. Transfer to a large bowl. Stir in cream, peanuts, and vanilla. Freeze in ice cream freezer according to manufacturer's directions. Stir in brownies. If desired, cover and freeze several hours to ripen. Makes 2 quarts.

AVOCADO-YOGURT DIP

This dip combines the bite of guacamole with the tang of yogurt—

2 medium avocados, peeled, seeded, and cut up
1 cup plain yogurt
1 teaspoon onion powder
½ teaspoon salt
½ teaspoon dry mustard

• • •

Assorted vegetable dippers

In a blender container or food processor place avocado pieces, yogurt, onion powder, salt, and mustard. Cover and process till well combined. Turn into a storage container. Cover and chill at least 1 hour. Serve with vegetable dippers. Makes 1⅔ cups dip.

DO-IT-YOURSELF SANDWICH BUNDLES

Make the dough ahead, let it rise, and then refrigerate it until your guests are ready to build their sandwiches—

4½ to 5 cups all-purpose flour
2 packages active dry yeast
½ cup sugar
¼ cup grated Parmesan cheese

continued



FRUIT SALAD/HONEY FRENCH DRESSING

1 can (15-1/4 oz.) DEL MONTE Pineapple Chunks In Its Own Juice
3 DEL MONTE Bananas, sliced lengthwise
3/4 cup olive or salad oil
1/4 cup vinegar
1 Tbsp. sesame seeds, toasted
1 Tbsp. honey
1/2 tsp. salt
1/4 tsp. white pepper
1/4 tsp. dry mustard
1 cup melon balls
Lettuce
Strawberries
Orange and lime slices

Drain pineapple, reserving juice. Dip banana slices in juice. Place pineapple juice, oil, vinegar, sesame seeds, honey, salt, pepper and mustard in screw-top bottle or jar; close and shake vigorously until blended.

Arrange fruit and melon on lettuce-lined dishes and serve with dressing. Garnish with strawberries and citrus slices. 6 servings.

VARIATION: Substitute 1/4 teaspoon ground ginger for sesame seeds.



continued

Summer meals

2 teaspoons dried oregano, crushed
1 teaspoon salt

• • •

2 cups warm water (115° to 120°)
1 tablespoon cooking oil
¾ cup cornmeal

• • •

1 recipe Chili Spread (see recipe below) *or* one 10-ounce can jalepeño bean dip
1 pound Polish sausage *or* frankfurters, sliced; *or* 2 pounds Italian sausage, ground beef, *or* ground pork; *or* 3 cups cooked roast beef, chicken, *or* ham, cubed
Dill relish, snipped sauerkraut, drained, *or* chopped ripe *or* green olives
2 cups shredded cheddar, Swiss, Monterey Jack, *or* pepper cheese (8 ounces)
Milk

In large mixer bowl combine *2½ cups* of the flour, th yeast, sugar, Parmesan cheese, oregano, and salt. Blen together water and cooking oil. Add to flour mixture. Bea at low speed of electric mixer for ½ minute, scraping side of bowl. Beat 3 minutes at high speed. Stir in cornmeal an as much of the remaining flour as you can mix in with spoon. Turn out onto a floured surface. Knead in enough o the remaining flour to make a moderately stiff dough (abou 6 to 8 minutes). Place in a greased bowl; turn once. Cover let rise in a warm place till double (about 1 hour). Punch down. Cover and refrigerate dough up to several hours, i desired. Turn dough out onto lightly floured surface. Divid dough and shape into 12 balls. Cover; let rest 10 minutes.

Meanwhile, assemble one or more of the spreads, meats relishes, and cheeses. (If using Polish sausage, cook accord ing to package directions. If using Italian sausage, groun beef, or ground pork, cook meat in a skillet till browned drain well.)

To make sandwich bundles: place each ball of dough on lightly floured surface. Roll or pat to a 6-inch square, rollin thinner at edges. Spread a little of your choice of spread o dip on each square. Top with your choice of meat, relish and cheese. (Each sandwich will hold about ¼ to ⅓ cu total.) Fold two opposite edges of dough so they overlap ato filling. Fold remaining edges toward center to form a rec tangular packet. Place, seam side down, on an ungrease baking sheet. Cover; let rise about 30 minutes. Brush top with milk. Bake in a 425° oven about 10 minutes or til golden brown. Serve with additional Chili Spread or bea dip, if desired. Makes 12 sandwiches.

CHILI SPREAD

1 cup mayonnaise *or* salad dressing
¼ cup finely chopped green pepper
¼ cup finely chopped onion
¼ cup chili sauce

In a small bowl combine mayonnaise or salad dressing green pepper, onion, and chili sauce. Cover and chill. Make 1½ cups spread.

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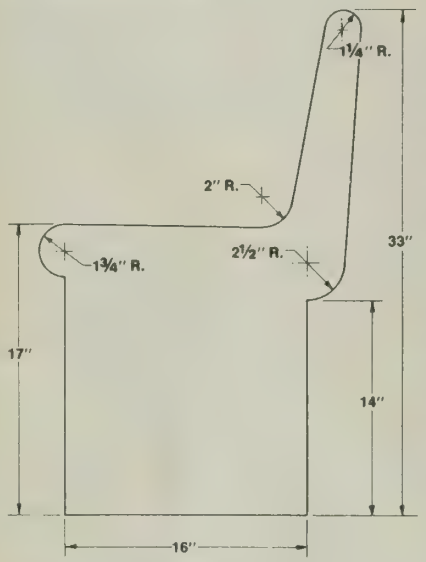
begins on page 87

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43. STYLISH SLAT CHAIR, page 87

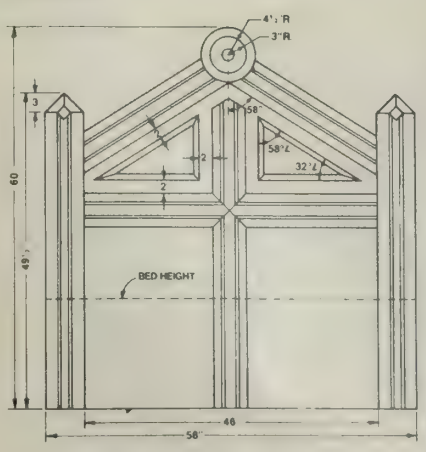
Finished size is approximately 33 inches high, 18 inches wide.

Enlarge chair side pattern, *below*, and cut out 2 shapes from ¾-inch birch plywood. Cut 42 18-inch lengths of 1x½-inch hardwood for slats. Mark each of the slats for a ¾-inch-wide, 1/16-inch deep rout, positioned 1¾ inches from the end.



Beginning at the lower rear, glue and nail slats to sides. Keep slats parallel and spacing consistent. Sand edges and surfaces; finish.

44. MOLDING HEADBOARD, page 88



Cut ¾-inch plywood (or less expensive particleboard) to height and width desired. Using the diagram below as a guide, cut and nail various types of moldings and half round. Add a drapery finial to top. Paint with high-gloss enamel.

47. PATCHWORK TABLETOP, page 88

Begin by marking off the square table into quarters. (Mark a central square if your table is rectangular.) Divide the length of the side of each square by 8; the result is the width of each strip. Cut strips of self-adhesive plastic film to this width. Cut a red center square that measures twice this measurement.

Clean table thoroughly, using a solvent to remove any wax. Begin by positioning center square. Refer to the color photo on page 88 to see how strips are butted together. Change color and patterns randomly as you work and continue adding strips until all squares are filled.

To fill in other table areas, add more strips, placed perpendicular to the edge of the table, or create a chevron pattern.

49. OAK TABLE, page 89

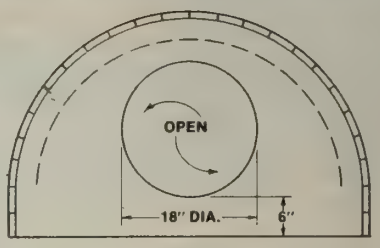
Construct a 28x50-inch frame for table from oak 1x4s. Miter ends; glue and nail together. Top with 32x54-inch piece of ¾-inch oak plywood. Cut four 29¼-inch legs from oak 2x4s. Drill pairs of legs to receive four 1¼-inch-diameter dowels. Insert dowels in place; join legs to frame with half-lap joints. Sand all edges and surfaces; finish as desired.

51. IGLOO PLAYHOUSE, page 89

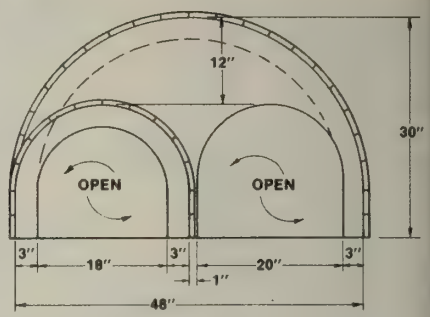
To order Project Plan 50394 for our playhouse, see page 145.

From ¾-inch exterior plywood, cut 3 arc shapes that are 48 inches wide and 30 inches high. (Use a pencil or scribe tied to a length of string to swing the arcs.) Cut an 18-inch hole in the rear one and 2 adjacent 20x18-inch arches in the front one; cut out the inside of the remaining arc so that remaining width is 3 inches.

Cut two 24x18-inch arcs for the front section. Cut away inner sections of these arcs to form doorways. Glue and nail 1 of the smaller arches over 1 of the openings on the front piece to form a smaller entrance tunnel.



REAR



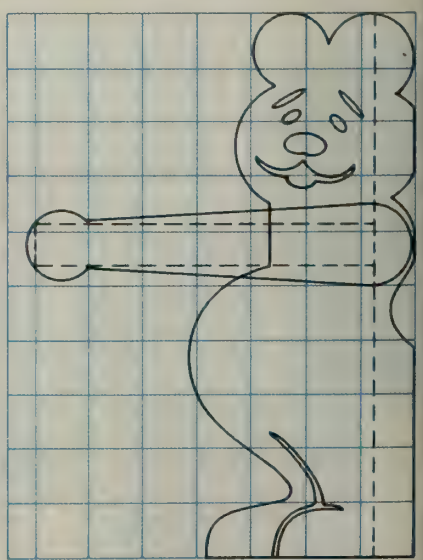
FRONT

Align all 5 uprights so that large rear section is 36 inches long; front section is 24 inches long. Cover with 1-inch-thick lumber, extending lumber along all 5 uprights on one side. Vary widths of lumber to accommodate curves.

52. BEAR RACK, page 90

Finished size is 10 inches high; 25 inches long.

Enlarge bear pattern, *below*, and cut out two shapes from ½-inch plywood. Cut a 24x8-inch plywood backing piece and a 24x6-inch shelf. Glue and nail backing to bears; position shelf behind bears' arms and secure in place. Sand and paint as desired.



1 Square = 1 Inch

continued

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Kool Milds	13	0.8
Marlboro Lights	12	0.8
Merit	8	0.6
Merit Menthol	8	0.6

	Tar mg./cig.	Nicotine mg./cig.
Parliament Lights	9	0.7
Salem Lights	11	0.8
Vantage	11	0.8
Vantage Menthol	11	0.8
Winston Lights	14	1.1

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Of all brands, lowest...Carlton Box: less than 0.5 mg. tar and 0.05 mg. nicotine av. per cigarette, FTC Report Dec. '79.

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6. MONUMENTAL PILLOWS, page 91

To order full-size patterns for our pillows, see page 145.

Enlarge patterns, *on page 130,* or use your vacation slides design ideas. Just project the slide onto a piece of newsrint paper, draw the design outline, and cut apart for your attern. Cut appliqué pieces from medium- to heavy-weight otton/polyester fabric using darker colors for shading. aste pieces to pillow top; machine-appliqué the pieces ing satin stitch, varying stitch widths for dimension.

8. KITCHEN GARDEN, page 91

Enlarge cabinet front patterns, *on page 130,* adjusting ze or position of elements to fit the dimensions of your binets. Cut pattern pieces from self-adhesive plastic and pply to fronts.

9. GLAD RAG SHADE, page 92

Tear 44-inch-wide fabric (in assorted prints) into 2½- to inch-wide strips. Buy or salvage a metal lampshade frame ith an uneven number of spokes. Conceal top and bottom oops by folding a fabric strip in half lengthwise; wrap oops spirally with fabric, placing a folded edge over a raw lge.

Beginning at bottom of shade base, wrap 1 end of a long rip around a spoke; tack in place. Weave strip over and nder spokes, wrapping strip around each spoke as you ork. Join a new strip on the bias when necessary. Continue eaving, crushing down strips to a consistent density. Slip-itch end to last spoke wrapped.

Make tiny stitches between rows to hold strips together. omplete wiring.

10. STORAGE BED, page 92

Mark pieces for 72x30½x17½-inch-high ¾-inch plywood ox. On front, center a 40½x15¾-inch opening. Mark ½x12½-inch cutouts for side drawers. Cut box pieces and ctangles from front. Construct box, "lining" the opening ith plywood; glue and nail 1x3s on edge around top.

Build a 40x28½-inch platform from plywood; edge with x3s. Add casters, hinge opening cover; sand and paint.

14. MACRAME TRELLIS, page 93

Cut 10 orange cords to 4 yards. Fold in half and mount ch on a holding cord. (Use a waterproof polyester cord.) ull ends of holding cord taut so that the 20 cords are ranged in a circle. Tie holding cord; trim ends.

Divide the 20 cords into 5 groups of 4. Tie a square knot nnet comprised of 4 knots with each group. (Make all nots as tight as possible for sturdiness.) Center cords ithin a 4-inch-diameter ring; tie all ends with a double alf-hitch. Attach two 4-yard blue cords between each nnet fastening for a total of 20 new ends. Tie a square knot each group of 4 blue cords and 2 square knots in each roup of 8 orange cords. There should be 15 orange and blue

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square knots tied around the ring.

Divide the cords from each square knot in half. Weave 2 adjacent groups over and under each other. Tie a square knot with the center 4 orange cords. Tie a 4-knot square knot sinnet with each group of blue cords.

Divide the orange cords into 2 groups; tie a 4-knot square knot sinnet in each. Center knot assembly in a 16-inch metal ring; tie all cords to ring with double half hitches. Insert a 4-yard length of orange cord (two ends) between 2 blue cords in each group.

Separate blue cords into groups of 2; tie a 14-knot sinnet of alternating double half hitches in each. Tie a 12-knot sinnet of alternating double half hitches in each of the 2 orange cords between the blue cords.

With groups of 8 orange cords, tie alternating lark's head knots, switching the 2 knotting cords from side to side.

Tie all ends onto a 16-inch ring; add enough orange cords so that entire ring is covered. Cut frame uprights from aluminum; drill for threaded rods; secure rods. Center macrame with frame; pull cords taut. Mark position of cords and drill holes in frame to receive cords. Knot cords; secure with glue.

65. SHOW-OFF STUDY CORNER, page 93

Cut six 80-inch lengths of 2x2s for uprights and twelve 16½-inch 1x4s for crosspieces. Secure a 1x4 at top and bottom of uprights and assemble each half of the unit as shown in the photo on page 93. Position another pair of crosspieces between each pair of uprights so tops of crosspieces measure 47¼ inches from the floor.

Cut 12 triangles from ¾-inch plywood; secure at top and bottom. Notch remaining triangles and install adjustable shelving brackets. For desk surface, notch a 20x42-inch piece of plywood and rest it on a pair of shelves. Sand all edges and surfaces; paint.

66. SOFT TV, page 93

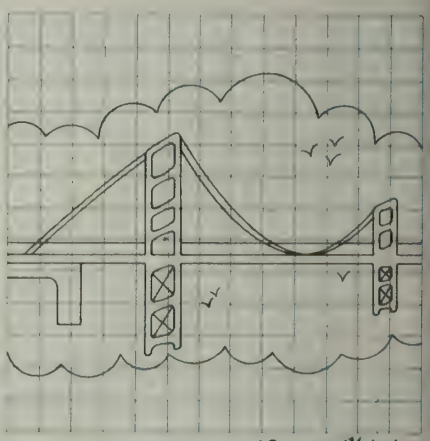
Select a child's drawing for the image of the soft sculpture TV. Draw the "screen" on a piece of muslin. Cut

continued

56. MONUMENTAL PILLOWS



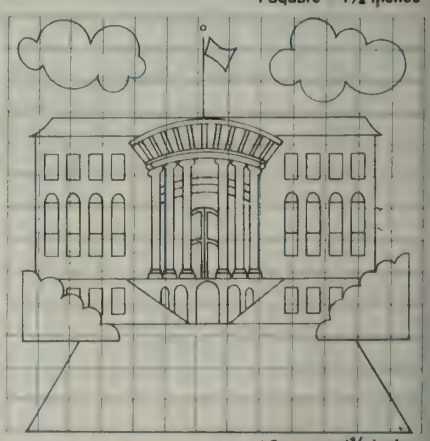
1 Square = 1½ Inches



1 Square = 1½ Inches

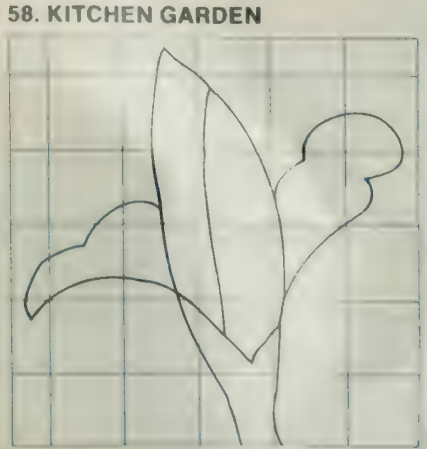


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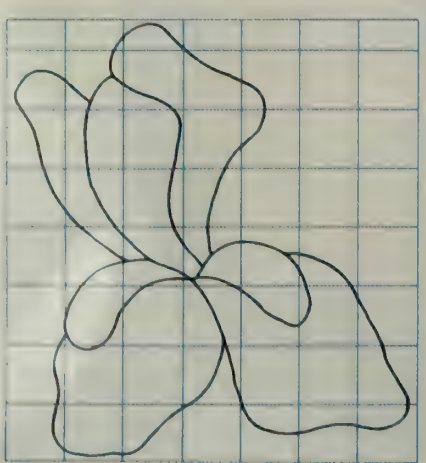


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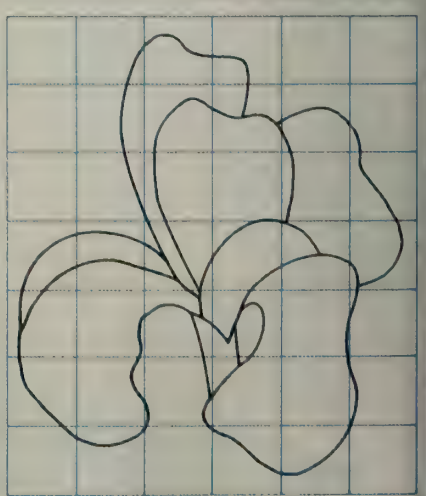
58. KITCHEN GARDEN



1 Square = 1 Inch



1 Square = 1 Inch



1 Square = 1 Inch



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fabric scraps to correspond to drawing and secure to muslin with fusible webbing; machine-appliqué outlines. Appliqué fabric knobs and dials; add details with a laundry marker.

Complete pillow by cutting a back piece to match size of front. Cut a 7-inch-wide boxing strip that is as long as the perimeter of the front piece (allowing for seams). Stitch boxing strip to fronts, leaving an opening for stuffing. Turn; stuff with polyester fiberfill. Slip-stitch opening closed.

67. FLATWARE CADDY, page 93

Cut 3 equal-size lozenge-shaped pieces from 1x6-inch pine, sizing the pieces to accommodate your flatware. Drill 3 holes in 2 of the pieces; separate these 2 pieces with ½-inch dowels. Glue the base to the bottom of the unit; apply a clear finish.

68. JAR LIDS, page 93

From ½-inch pine, cut 2 circles that are at least ½ inch larger in diameter than screw-on jar lid. Trace around lid on 1 circle; cut out center. Secure lid and circle with cutout to underside of disk with brads and glue. Sand jar lids; finish as desired.

71. PIVOT SHELVES, page 94

Finished size is 48 inches wide, 48 inches tall at tallest extension.

For each shelf cut a 48-inch 1x10 and a 1x2 backstop. Glue and nail the 1x2 to the 1x10 on edge. From 1x4 lumber, cut two 46-inch base crosspieces and two 34-inch base uprights. Center the upright along the crosspiece; glue and screw together. Center and drill a ¼-inch hole 1½ inches down from top of base upright.

Cut four 1-inch-wide, ⅛-inch-thick metal straps to 48 inches long. Mark a ¼-inch hole near the end of each strap; drill (making sure each hole is centered along strap and is a consistent distance from the end). Divide the remaining length into thirds; drill a similar hole at each of these points. Make another hole at the center points of each strap. Cut an 8-inch-long metal strap and

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drill ends and center similarly.

To assemble, bolt short straps to a pair of longer straps at center hole. Use a ¼-inch bolt and a wing nut, placing a washer between the elements. Bolt the 8-inch strap to the base upright similarly. Screw straps to the ends of each shelf, also adding washers between each 2 elements. Sand; finish as desired.

72. WINDOW FIX-UP, page 95

Begin by cutting two shelf brackets from 1-inch pine. (Width of lumber depends upon the proportion of the window—use 1x6s for a small window; 1x8s or 1x10s for a larger window.) Round or scallop the bottom of brackets as desired. Clamp brackets together and drill both for ¾-inch wood dowel curtain rod. Glue and nail shelf to brackets. Cut a ¾-inch-diameter wood dowel that is at least 3 inches longer than unit. Drill a hole in each end for peg stop. Paint unit; hang. Thread curtains onto rod; secure rods in brackets with short pegs.

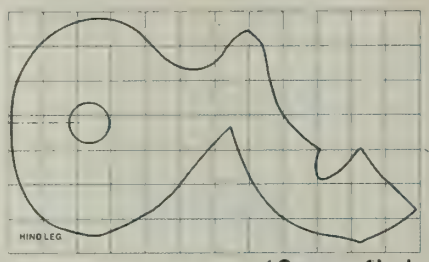
76. FRISKY ROCKING HORSE, page 96

To order Project Plan 50395 for our horse, see page 145.

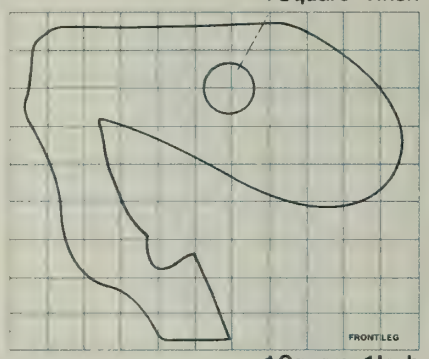
Note: Rocking horse is designed for supervised play. Adult should be present to ensure complete safety.

For corral, cut a 30x23-inch base from ¾-inch plywood. Add a 2x2 post to each corner, 3 cut to 20½ inches; the remaining cut to 28½ inches. Add 1x3 horizontal rails and cross braces.

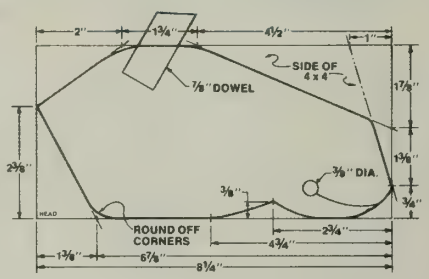
Cut pony's body from a 16¾-inch piece of rough 4x4 stock. Enlarge legs and neck patterns, *top right,* and cut legs from ¾-inch plywood and neck from 2x6s. Round off body piece to match curves of legs and cut a notch in the 4x4 to receive neck (see photo page 96). Drill a ¾-inch hole in each leg; align legs on body and drill body to match. Glue and nail legs to body. Secure neck in place. Cut 18-inch lengths of ¾-inch galvanized pipe. Drill a ¼-inch hole in each end to receive springs.

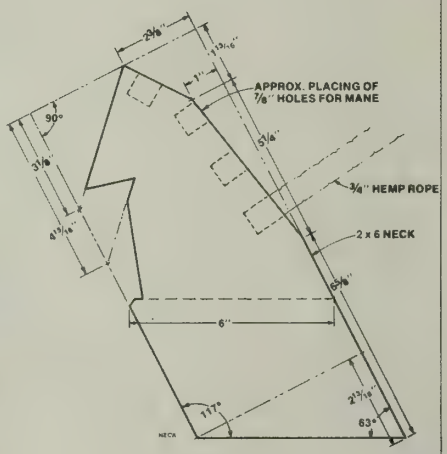


1 Square = 1 Inch



1 Square = 1 Inch





Cut head shape from three 8¼-inch lengths of 2x6 (see pattern, *above*). Cut center shape to receive neck piece; angle-cut head side pieces for shaping. Laminate layers together; secure to neck piece. Drill 1-inch-diameter eyes, ½-inch-diameter nostrils in face. Drill ⅞-inch-diameter holes at an angle in head to receive ear dowels; glue in place. Drill a series of ⅞-inch holes along neck for mane and glue lengths of unraveled sisal rope in the holes. Make a raveled rope tail similarly.

Fill any cracks with wood putty; sand and paint as desired. Suspend pony on 6-inch heavy tension springs, attached to holes in pipe, and to eyebolts secured to inside of corral posts.

78. BATH UPLIFT, page 96

Drill 6 (or number desired) well-spaced holes in a metal base plate (available at lighting and electrical shops); add hanging sockets and wiring to each hole. Wire the cords together; secure the base plate to a bulkhead in the ceiling. Add reproduction turn-of-the-century glass shades.

81. SHOWER ROD LAMP, page 97

Cut 1-inch chrome-plated shower curtain rods in the following amounts and lengths: two 12-inch, two 14-inch, two 16-inch, two 18-inch, and one 24-inch. With the tallest rod in the center, randomly mix lengths of rods and arrange to form a cluster, keeping all bottom ends flush. Secure in place with epoxy adhesive; let dry.

Cut a base to desired size from 2-inch-thick pine. Center rods on pine; trace around group with a pencil. Chisel out assembly area to ¼ inch deep. Drill a hole centered directly beneath position of longest rod. Chisel a channel on underside of base for cord clearance. Finish base piece as desired.

Position rod assembly in base; secure in place with a length of lamp pipe. Add wiring and harp.

83. FRUIT BASKETS, page 97

Refer to photo on page 97; buy or collect similar baskets.

For apple, lemon, grape baskets, cut double thicknesses of fruit shapes from felt scraps. Stuff lightly with batting; stitch shapes together. Cut leaves from felt; embroider details. Shade lemon with powdered rouge.

To form grapes, run a gathering thread around fabric circles. Place a cotton ball in center; pull thread taut and knot.

Make a stem by wrapping a brown pipe cleaner around a pencil. Arrange shapes on baskets (refer to the photo for placement); glue in place.

For strawberry basket lid, cut varisized fabric half-circles for each strawberry. Fold in half, right sides together, and stitch along straight edge; turn.

continued

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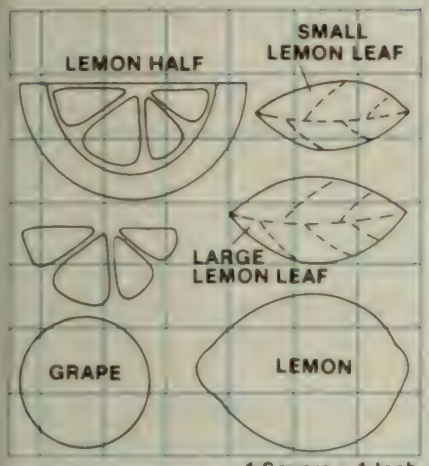
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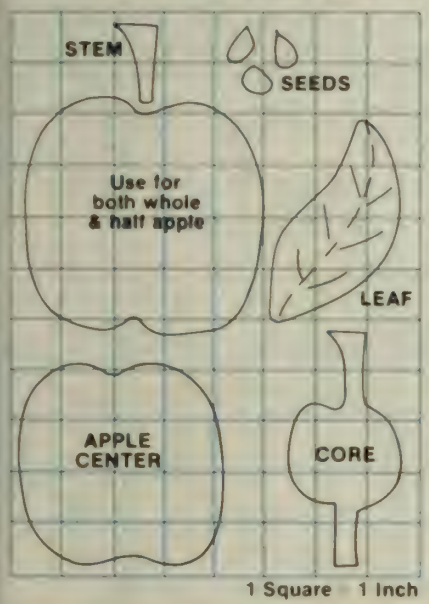
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continued

100 ideas under $100





Run a gathering stitch along top edge; stuff, pull thread tight, and knot. Stitch around leaf shapes before cutting.

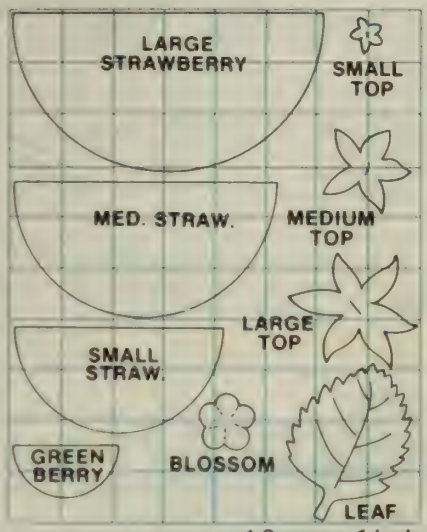
Cut blossoms from interfacing; pinch the center to form a cupped shape. Glue blossom to length of florist's wire. For runners, fold a 1x12-inch felt strip in half lengthwise. Stitch along edge, ¼ inch from fold; trim remaining felt.

To assemble, stitch berries to a runner. Cut out tops from felt; cut a slit in center and slide along runner to berry. Glue top in place. Glue berries, blossoms,and leaves on lid.

84. NO-MESS ART, page 97

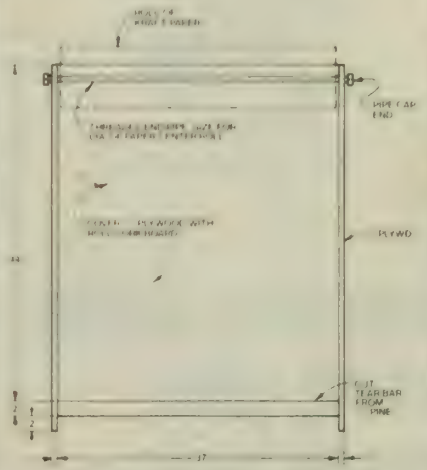
Finished size is 26x46 inches.

From ¾-inch plywood, cut two



16½x46-inch uprights (see diagram, *below*). Measuring from left to right along top edge of upright, mark 9½ inches. Draw a line from this point to the lower right-hand corner. Cut along this line to form a sloped front edge. Repeat for other upright.

Cut a 25x46-inch piece of ⅜-inch plywood for the back, and a 25x2-inch piece of ¾-inch plywood for the tear



bar. Center and drill a 1-inch-diameter hole 2 inches down and 5¼ inches from the rear edge on each upright. Draw lines on both sides of the hole at widest edge to top edge of upright; cut along these lines. Glue and nail plywood back between uprights. Cover front surface of back with thin adhesive cork. Nail tear bar near bottom between uprights, allowing ⅛-inch clearance between tear bar and back.

Have a 27-inch-long length of ¾-inch pipe threaded and capped. Paint unit and pipe. Thread pipe through center of butcher paper roll and suspend in top grooves of uprights. Thread paper behind tear bar.

88. ABACUS ART, page 98

Build a 49x15-inch pine frame with a 34x11-inch opening, using ¾x2-inch pine for the side boards and ¼x1¼-inch decorative trim strip. Arrange ¼- and ¾-inch wooden craft beads on ⅛-inch-diameter bronze welding rods in a pleasing design; mount the rods inside the frame.

89. WORKSHOP TABLE, page 99

To order Project Plan 50396, for Workshop Table and Companion Cabinet, see page 145.

For 36x72-inch tabletop, glue and nail lengths of 2x2 dried fir together. Stagger nails to prevent splitting.

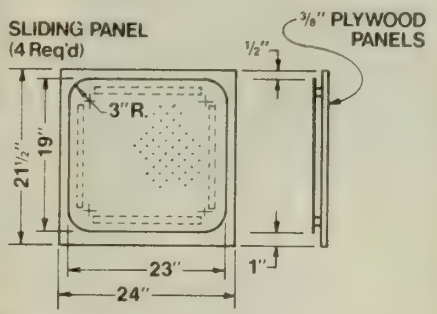
Glue and nail three 2x2 cleats to underside of top. For each leg, cut two 34½-inch hardwood 1x4s; glue and nail together in butt joints. Cut 1x4 bottom bracing and skirt; glue and nail in place (notching skirt to receive 2x2 cleats). Add bottom shelf from 1-inch-thick lumber. Secure top to leg assembly, adding a vise bench screw, if desired, and electrical outlets. Sand; treat with protective finish.

90. COMPANION CABINET, page 99

Build a 48x18x24-inch-high box from ½-inch plywood (for construction details see diagram, *below*).

Cut two 36x7-inch overhead fluorescent light brackets, cutting contour along front end as shown in the photograph on page 99. Glue and screw brackets to side of box and suspend fluorescent fixture from brackets. Cover front edge of brackets with a 4-inch-wide strip of plywood.

Cut four 24x21½-inch rectangles



continued

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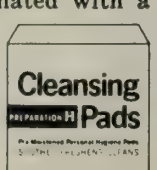
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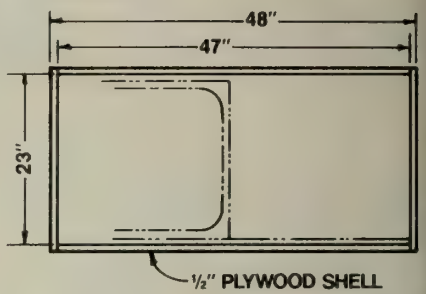
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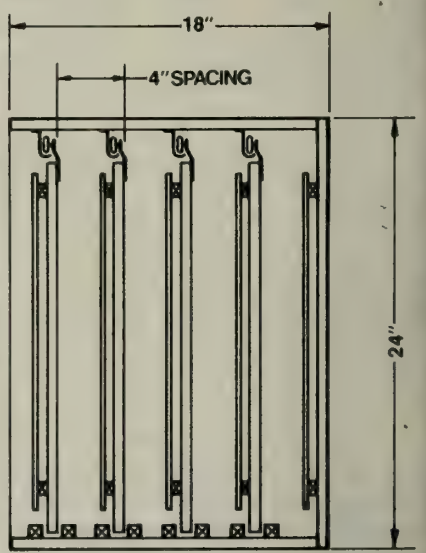


continued

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from ⅜-inch plywood for hanging the shelves. Cut smaller pegboard rectangles. Secure the pegboard to the plywood, with scraps of 1-inch-thick lumber sandwiched between for clearance. Suspend the plywood panels inside the box on roller tracks (see the diagram, *below*). Secure one pegboard panel to rear of box.



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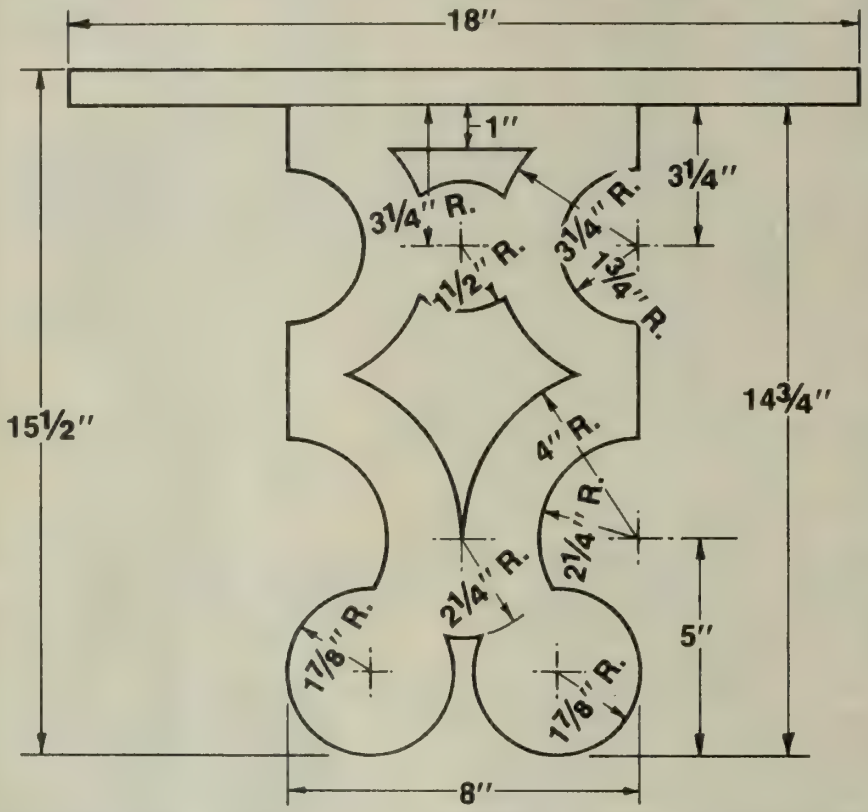
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100 ideas under $100

92. FRETWORK TABLE, page 99

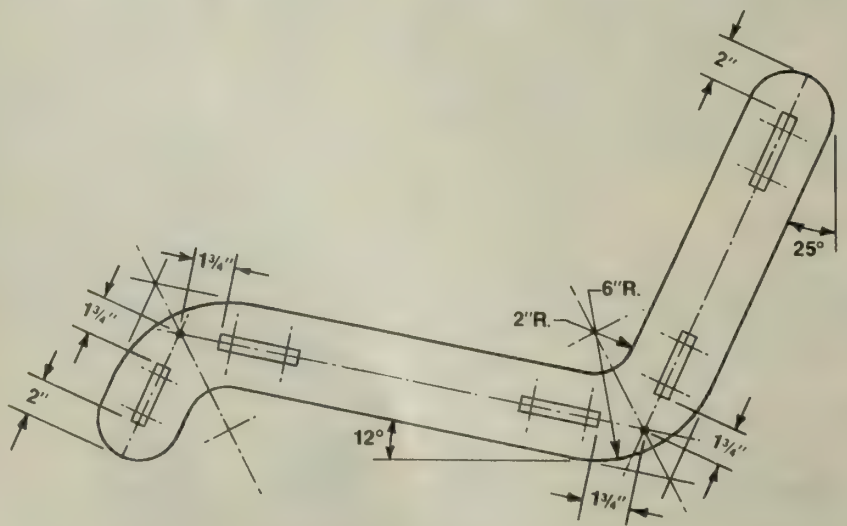
Finished size is 15½ inches high. Enlarge table side pattern, *below,* and transfer to ¾-inch plywood. Mark 6 pattern pieces and cut out side with a jigsaw or band saw.

Angle-cut each vertical edge at 60 degrees. Glue and nail sides together, carefully aligning pieces. Top with an 18-inch plywood hexagon. Sand all edges and surfaces; treat exposed plywood edges. Finish as desired.



96. LOW-DOWN LOUNGER, page 100

Enlarge plywood side support pattern, *below,* and cut 2 shapes from ¾-inch plywood. Cut five 24-inch (or width desired) crosspieces from 1x4 lumber. Glue and screw crosspieces to sidepieces as indicated in pattern, centering 1x4s along supports.

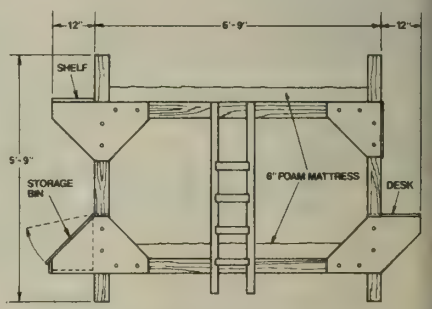


Staple upholstery webbing between back and seat 1x4s. Cut a 24-inch width of 3-inch-thick urethane foam to lengths sufficient to wrap around frame. Ease into position; staple muslin over foam to plywood. Take careful measurements and make a fabric cover (resembling a long envelope); slide it over frame and slip-stitch closed.

98. BUNK BED WITH BONUSES, page 101

To order Project Plan 50397 for our bed, see page 145.

Cut four 69-inch 2x4 legs, four 71-inch 1x4 side rails, and four 39-inch 1x4 end rails. For corner braces, cut a 15-inch square of ½-inch plywood. Cut trapezoid corner braces from ½-inch plywood.



Assemble unit by screwing braces to uprights with lag screws. The bottom of lower brace is 8 inches off the floor; the top of upper brace is 54¼ inches off the floor. Screw side and end rails to braces. Glue and screw a 2x2 cleat to inner mattress area; top with a piece of ½-inch plywood. Add ¾-inch plywood shelf and desk surface. Add bin bottom and front pieces; hinge top to bin.

Build a 53-inch ladder from 2x4s. Hang on side of bed with steel straps screwed to top of ladder.

99. OLD-TIMEY CABINET, page 101

From ¾-inch plywood, cut two 13½x69-inch sides, one 37½x13½-inch bottom and a 40x14-inch top. Glue and nail together. Fasten a 1x2 backstop to top. Glue and nail a 1x4 to front; measure opening.

For doors, cut enough 62½-inch lengths of beaded ceiling to fit across half of opening; secure together with 3 other lengths of bevel-cut 1x3s. Repeat for other door and hinge to unit. Sand all edges and surfaces; finish.



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Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

OFFBEAT BEAN SALADS
Page 30 (Front): Plate "Primastone"—Noritake, Cincinnati, OH 45215. (Right): Salad spoon—H. E. Lauffer Co., Belmont Dr., Somerset, NJ 08873.

100 IDEAS UNDER $100
Page 61: (6) Dish towels "Salad Bar," "Just Desserts," "The Big Cheese"—Lady Pepperell, Div. of WestPoint Pepperell, 1221 Avenue of the Americas, New York, NY 10020. (8) Cat fabric "Copycat"—For more information write Fabrications, New York/Boston, 110 Gould St., Needham, MA 02194.
Pages 62-63: (9) Pressure-treated wood "Wolmanized"—Koppers Co., Inc., 1900 Koppers Bldg., Pittsburgh, PA 15219. (15) Pillowcases "Superman"—Sears, Roebuck & Co., Sears Tower, 40th Floor, Chicago, IL 60684. Bear "Manny Bearilow"—Bear Creek Co., Sugar Pine Rd., Medford, OR 97501.
Page 64: (16) Umbrella—Conran's, 160 E. 54th St., New York, NY 10022
Pages 66-67: (24) Shower curtain, towels—Ames Industries, 1075 Avenue of the Americas, New York, NY 10018. Metal canister—Conran's (address above). (27) Polyester cord "Elefant Cord"—Textured Yarn Arts, 1329 Aloha, Seattle, WA 98109. (28-32) Heart fabric—Fabrications (address above). Heart piggy bank—Children's Design Center, Geyser Road, Saratoga Springs, NY 12866.
Page 68: (36) Flags—Valley Forge Flag Co., One Rockefeller Plaza, New York, NY 10020.
Page 70: (41) Yarn "Nantuck Bulky"—Columbia Minerva, 295 5th Ave., Suite 518, New York, NY 10016.
Pages 88-89: (44) Sheets "Dior's Petunia"— Wamsutta Mills, 111 W. 40th Street, New York, NY 10018. (47) Self-adhesive plastic "ConTact"—Comark Plastics, Div. of United Merchants, 1407 Broadway, New York, NY 10018. (50) Self-adhesive plastic "Con-Tact" (address above).
Page 91: (55) Vinyl fabric "Lemons"—Fabrications (address above). (58) Self-adhesive plastic "Con-Tact" (address above).
Pages 92-93: (60) Posters—Children's Design Center (address above). (62) Hammock "Mask"—Cats Cradle, Ltd., 3585 Lawson Blvd., Oceanside, NY 11572 (64) Cording "Elefant Cord"—Textured Yarn Arts (address above). (65) Wall covering "Arithmetic III" by Marimekko—Motif Designs, 15 Beechwood, New Rochelle, NY 10801.
Pages 94-95: (69) Sheets "Dynamics"—Royal Family by Cannon, 1271 Avenue of the Americas, New York, NY 10021. (73) Tea towels "Breakfast Eggs" and "Teapots"—Conran's (address above). (74) Desk chair—Herman Miller, Inc., Zeeland, MI 49464.
Page 97: (82) Lights—George Kovacs Lighting, Inc., 831 Madison Ave., New York, NY 10021. Sheets "Calvin's Checkerboard"—Wamsutta (address above).
Page 99: (91) Cording "Elefant Twist"—Textured Yarn Arts (address above).
Pages 100-101: (94) Cart "Lugger Garden Cart"—N. A. Taylor Co., Inc., 10 W. Ninth Ave., Gloversville, NY 12078. (100) Picnic table components—N. A. Taylor Co., Inc. (address above).
10 GREAT BUYS UNDER $200
Pages 102-103: (1) Lover's Knot Coverlet ($150)—send 50¢ for catalog to Cohassett Colonials by Hagerty, Cohassett, MA 02025. Quilt stand ($40)—to order, turn to page 145. (2) Woven rug "Bird Wedding"—Cepelia Corp., 63 East 57th St., New York, NY 10022. (3) Posters ($35, $35, $75)—



Poster Originals, Limited, 924 Madison Ave., New York, NY 10021. (4) Baby cradle ($180)—Habersham Plantation (send $8.50 for catalog) P.O. Box 1209, Toccoa, GA 30577. (5) Snowshoe furniture (footstool $30, coffee table $50, rocker $70, paint $10)—Country Ways (send 50¢ for catalog) 3500 Hwy. 101 South, Minnetonka, MN 55343. (6) Mini-chest ($165)—Habersham Plantation (address above). (7) Children's furniture (crib, toy chest $150, chair $45)—The Children's Design Center, Geyser Rd., Saratoga Springs, NY 12866. (8) Shaker wall clock—Mason & Sullivan Co. (send $1.00 for catalog), Dept. 4503, Osterville, MA 02655. (9) Queen Mary deck chair—The Bombay Company (send $2.00 for catalog), 920 Valmont Street, P.O. Box 53323, New Orleans, LA 70153. (10) Sleeping bag and tent ($55, $125) Frostline Kits, Dept. C, Frostline Circle, Denver, CO 80241.

EASY-DOES-IT SUMMER MEALS

Page 105: Trivet—Fitz & Floyd, 1371 Round Table Dr., Dallas, TX 75247. Bowl—Marsh Ind., 1224 East 28th St., Los Angeles, CA 90011.

Page 106: Salt and pepper: H. E. Lauffer Co., Inc., Belmont Dr., Somerset, NJ 08873.

Page 107: Soufflé dish—Hammacher Schlemmer, 147 East 57th St., New York, NY 10022.

Page 108: Brown board—Ernest Sohn Creations, 225 Fifth Ave., NYC 10010. Two glasses—West Virginia Glass Co., Drawer 510, Weston, WV 26452. Pitcher—Imperial, 509 Madison Ave., New York, NY 10022.

Page 109: Sauce bowl—Macy's, Manhattan Herald Square, New York, NY 10001. Wooden bowl—Alpher Wooden Bowl Co., Hedges Pond Rd., Cedarville, MA 02360.

Page 110: Orange plate—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640.

PRIZE TESTED RECIPES

Page 115 (left): Glass dish and holder—Corning Glass Works, Corning, NY 14830. (Right): Plastic plate—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640. Bowl—Holt-Howard, General Housewares Corp., Box 670, Hyannis, MA 02601.

Page 116 (left): Plate—Mitteldorfer-Straus, Inc., 41 Madison Ave., New York, NY 10010. Bowl—Arabia of Finland, 4603 Howard St., Niles, IL 60648. (Middle left): Dutch oven—Finel Waertsilae USA Inc., 225 5th Ave., New York, NY 10010. Ladle—Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, IL 60654. (Right): Skillet—Club Aluminum Products Co., Division of Standard Int'l. Corp., 9205 W. Detroit Ave., Cleveland, OH 44102. Board—Etco Industries, Inc., 225 5th Ave., New York, NY 10010.

Credits for 100 Ideas Under $100

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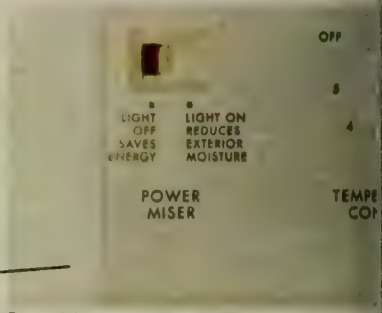
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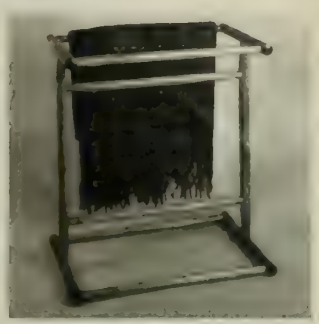
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For travelers just passing through, the Midwest offers quick impressions of fertile lands dotted with friendly farm homes and big red barns. But this wide wedge of country that forms the nation's midsection holds other riches, too. If you're willing to linger and savor the heartland, you'll discover country perfect for vacationing—from splendid wilderness to intriguing pockets of the past, water wonderlands, and picturesque settings.

***Biking Wisconsin's Door County* (top)**
***Arriving at Isle Royale National Park, in Lake Superior, by boat* (below)**

Backpacking Isle Royale

About the only thing that's changed at Isle Royale National Park since Indians mined copper there and French trappers tramped the woods is the 170-mile network of fern-bordered hiking trails. It has transformed this wild, roadless island park into a backpacker's paradise.

Most vacationers arrive on Isle Royale, cradled in Lake Superior's chilly waters off Minnesota's northeastern tip, by boat. Then they take to the trails at Windigo or Rock Harbor, drop-off points on opposite ends of the island.

One of the most challenging adventures is backpacking the island's full length along the rugged backbone called Greenstone Ridge. Allow four or five days for the 45-mile trek. Or concentrate on day trips and shorter loop hikes that bring you back to camp by dinner time. You can prowl an old mine and gaze down over bluffs that drop sharply to the lake along the eight-mile Huginnin Trail. Or hike craggy shores through deep woods and wildflower-speckled marshes on the two-mile Stoll Memorial loop. You also can arrange to hike one way and boat the other (rates vary with distance and number of passengers).

More special park pleasures

If you hit the trail early in the day or about dusk, watch for moose (over 700 live on the island). Fearless red foxes, scolding jays, and sassy squirrels also patrol campsites and trails. Huge Siskiwit and scores of other lakes create a tranquil patchwork of blue to test fishing skills.

Wherever you wander, solitude and true wilderness are assured. But trails at the southwestern end of the island are tops for getting away from it all. Just come prepared with all your own gear and supplies, and stick to marked routes everywhere.

Rustic Rock Harbor Lodge provides the island's only indoor accommodations: motel-style rooms ($69 double with meals mid-June through Labor

continued

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Day) and housekeeping cabins ($38 double mid-May through mid-September). On each end of the island are marinas where you can rent fishing boats, and camp stores where you can replenish supplies. Sight-seeing boats and water taxis for hikers leave from Rock Harbor. The park stays open mid-May to mid-October.

Getting there

Four boats make the trip to the park—two from Grand Portage, Minnesota, and one each from Copper Harbor and Houghton on the upper Michigan peninsula. Figure three to six hours on the water, depending on the craft and the weather. Rates start at about $20 per person one way. Float planes also fly in from Houghton. Reservations usually are required, and campers must get permits (free) at island ranger stations.

To reach Grand Portage, travel via Amtrak or Republic Airlines from Minneapolis/St. Paul to Duluth. Then make bus connections (Northern Transportation) for the 150-mile scenic drive north along the lake. You can leave St. Paul in the morning by train, arrive in Grand Portage about dark, and catch a boat out the next morning.

Accommodations in Grand Portage are somewhat limited. But the Radisson Inn (doubles from $35) is a pleasant surprise. This full-fledged resort on an Indian reservation in the north woods provides all the amenities.

The trip to Grand Portage probably will include a short layover in Duluth, where you'll enjoy a cruise around the busy harbor of one of the world's largest inland ports ($5). If you have more time, consider a sight-seeing tour by land, which includes the harbor cruise and lunch ($10), too.

Buses and Republic Airlines also serve Houghton on the Michigan side of the lake, where there's a variety of lodgings you can choose from.

For more information, see the listings on page 158.

Canoeing the Boundary Waters

Vacationers from all over come to paddle the Boundary Waters Canoe Area (BWCA), a maze of shimmering freshwater lakes and forests that extends some 160 miles along the Canadian border above Ely, Minnesota. This almost endless profusion of blue and green, which includes some 1,500 miles of canoe routes and scores of campsites, is one of the country's few remaining areas for wilderness canoeing.

The easiest way to enjoy the BWCA is to use the services of an outfitter, who can supply everything for your trip—canoe, food, camping gear, and transportation to and from put-in and take-out points. Prices run about $20 to $30 a day per person. Some outfitters even arrange for free entry permits required to canoe the area. Or you can apply for permits by phone or by mail (at least 14 days before your visit).

From your first day out, you'll be on your own, as you thread water trails traveled by French-Canadian voyageurs ages ago. Choose routes as remote as you please. Thanks to reliable maps and well-marked portages and campsites, guides aren't necessary anymore to canoe the BWCA.

Getting there

Though there are over 80 different entry points into the BWCA, Ely is a logical jumping-off point when traveling without a car. Republic Airlines and Greyhound travel between Minneapolis and Duluth, where you can catch a Northern Transportation bus to Ely.

Some 15 different outfitters do business in Ely, and several provide overnight accommodations before you launch your canoe the next morning. Or you can spend the night at one of several motels in town.

For more details, see page 158, or read "Family Canoe Trips" (April, 1979, *Better Homes and Gardens*).

Sailing the Apostle Islands

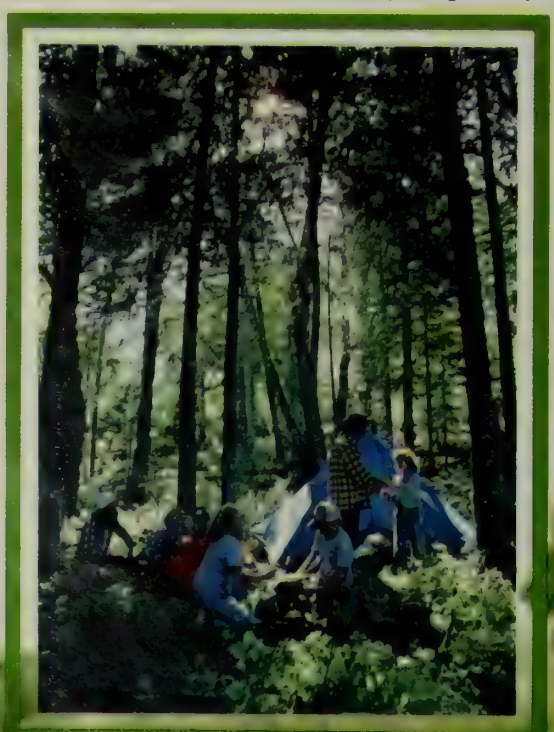
The Apostle Islands is a 22-island archipelago which stretches out across Lake Superior from northeastern Wisconsin's Bayfield Peninsula. There's no better way to experience this unique water world than chartering a sailing yacht. Sheltered straits, good anchorages, and tucked-away coves make waters around the archipelago ideal for yachting. And you can add to the pleasure by exploring the intriguing little islands.

About the islands

Even though the islands aren't far apart, you'll be surprised by how different they are. For starters, drop anchor at Stockton Island and hike the loop trail through hardwood forests, lagoons where cranes sometimes pose and rowdy beavers romp, and along a magnificent stretch of sand hills.

Among the other wild islands, you'll discover old lighthouses, abandoned stone quarries, patches perfect for berry picking, and more hiking trails and beaches than you can imagine. Sail around Devil's Island to view brilliantly

continued



Wilderness camping at Isle Royale National Park **(right)**

Photograph: Hedrich-Blessing

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colored sandstone sea caves carved by the surf. And you won't soon forget the view of fishermen pulling in their nets against the sunset.

Follow the winds to Madeline Island, biggest and most developed of the group. You can buy picnic fixings and rent bikes in the village of LaPointe for a ride along quiet country roads. Big Bay State Park makes a good lunch stop. Don't weigh anchor before wandering through the village museum.

Be sure to reserve some time for the quaint port town of Bayfield, along the peninsula's shore. You can tie up at the marina right in town, then shop for pottery and antiques, and view splendid old homes (some open for tours). Spend an evening dining at the charming Rittenhouse Inn (reservations required).

Three different firms charter yachts in the area: Sailboats Inc. Charters; Superior Charters, Inc.; and the Apostle Island Yacht Charter Association. Most boats range from 26 to 42 feet and sleep four to six passengers. Mid-June till about mid-September, rates run $500 to $1,100 a week, depending primarily on boat size. Two- and three-day charters also can be arranged. Off-season rates are 15 to 25 percent less. Sailing instruction is offered, too, and you can even charter a "skippered" craft.

Getting there

Unfortunately, the Bayfield peninsula isn't easy to reach by public transportation. Traveling by car is still best (energy saving begins when you take to the water). But you do have a couple of options. In Duluth, pick up an Avis rental car, drive to Ashland (about 85 miles east), and leave the car ($30 drop-off fee). Superior Charters will pick you up in Ashland (23 miles south of Bayfield). Bayfield also lies at one end of Wisconsin's north-south bikeway. You can get on the bike route at Ashland and pedal into Bayfield.

For more details, see page 158.

Staying put on the farm

There's no better way to discover the essence of the heartland than to spend a few days on the farm. And a variety of farms throughout the Midwest welcome vacationing families. You won't find more complete relaxation or warmer hospitality anywhere.

The secret of enjoying a farm stay is to forget that you're a guest. Pitch in with the chores or whatever is going on. If your performance falls short of perfection, no one will mind, and you'll still have a great time.

Kids are more or less free to roam. They'll revel in days filled with discoveries: exploring the mysteries of the haymow, taking a turn at milking time, racing in from the field ahead of a sudden thunderstorm. If your farm hosts have youngsters, too, that just doubles the fun. Of course, backyard picnics, dips in the old swimming hole, rides and hikes across the hills, and fishing in a nearby stream or pond are sure to occupy lots of everyone's time.

Try not to limit your visit to the farmstead. Make a trip into town, take in a Saturday night square dance, visit the local church on Sunday, and never pass up colorful events like farm sales and auctions and county fairs.

Farms range from small "working" operations, where you'll be put up in the spare bedroom and enjoy home-cooked meals, to more elaborate setups providing private accommodations with cooking facilities and resort-style amenities. Prices vary widely, starting at about $125 a week per person. Kids under 12 typically pay at least half the adult rate. Most farm hosts will pick you up at the nearest bus depot, train station, or airport.

For contacts, see page 158.

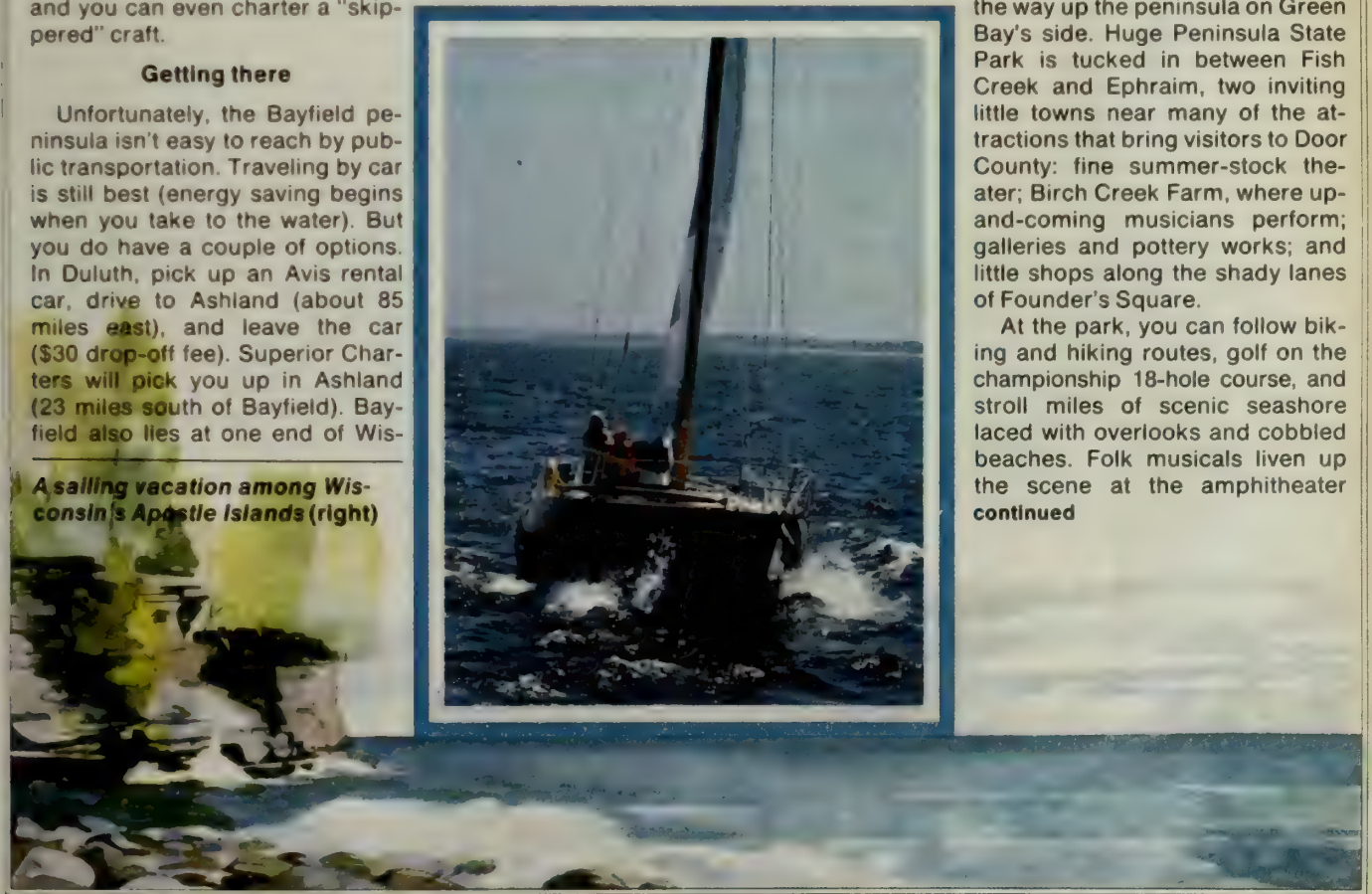
Bicycling Door County

Door County, Wisconsin, is a 70-mile-long peninsula county separating Lake Michigan and Green Bay. This picturesque area of the Midwest is appreciated best at an easygoing pace, so it's perfect for a biking vacation. The peninsula is fringed with limestone bluffs, quiet sands, little bays, and cozy vacation villages. Inland, the landscape gives way to gently rolling countryside covered with orchards and peaceful farms.

A good place to settle in is the Fish Creek-Ephraim area, three-fourths of the way up the peninsula on Green Bay's side. Huge Peninsula State Park is tucked in between Fish Creek and Ephraim, two inviting little towns near many of the attractions that bring visitors to Door County: fine summer-stock theater; Birch Creek Farm, where up-and-coming musicians perform; galleries and pottery works; and little shops along the shady lanes of Founder's Square.

At the park, you can follow biking and hiking routes, golf on the championship 18-hole course, and stroll miles of scenic seashore laced with overlooks and cobbled beaches. Folk musicals liven up the scene at the amphitheater

continued



A sailing vacation among Wisconsin's Apostle Islands **(right)**

Photograph: DOLANDARK

among the pines in July and August.

Around the peninsula

A web of less traveled county roads weaves across the breezy peninsula. Though the routes are sometimes circuitous, you won't mind. Pedaling is usually easy, and you can choose distances as short as you like. Baileys Harbor makes a good target for a cross-the-peninsula trek (about 30 miles round trip). Avoid busy State-42 and -57 when you can.

Take time to visit Washington Island, where you can still find descendants of Icelandic pioneers who put down roots there about 150 years ago. There are a couple of little settlements to explore, but biking the country roads is best of all. Surprises wait around nearly every turn.

Ferries and excursion boats make the cool 40-minute trip ($2 one way, kids half price, bikes 75 cents extra) from Gills Rock, at the peninsula's northern tip (20 miles beyond Fish Creek). Turn this into a two-day outing by spending the night on the island. You won't go wrong staying at the old lodge at Findlay's Holiday Inn (from $25 double), where meals feature homemade dishes, or at the Sunset Resort (from $26 double), a lakeside getaway that's been in the same family for generations.

You may want to consider bringing your own bike along to Door County. Though there are rentals in Fish Creek, Ephraim, Peninsula State Park, and on Washington Island (from about $5 a day, $15 a week), many of the bikes are single-speeders, and even those can be scarce during the busiest times. You'll need a good county road map before you start pedaling.

Accommodations in Fish Creek and Ephraim range from hotels and motels to cottages (reservations recommended). Rates start at about $25 a night double at vintage establishments like the White Gull Inn and Evergreen Beach. There are hundreds of campsites in the state park ($4 a night).

Getting there

Midstate Airlines flies from Chicago to Sturgeon Bay, about 25 miles south of the Fish Creek-Ephraim area. You can take Wisconsin Michigan Line buses north from there (in summer) or start biking. Buses also travel north from Chicago through Milwaukee, all the way up the lakeshore through Door County. (You can carry a cartoned bike with you in place of one piece of luggage on most planes, buses, and on trains providing baggage service.)

For more about Door County, see contacts on page 158

Mackinac by carriage and bike

For generations, Michigan's Mackinac Island has been demonstrating the pleasures of car-free vacationing. Automobiles have long been *verboten* on this historic little isle. In fact, when you take the short ferry trip from Michigan's upper or lower peninsula, you swap the real world for a yesteryear scene. Horse-drawn carriages and bikes roll along quiet streets fringed with turn-of-the-century mansions now transformed into guesthouses and hotels.

Thanks to its strategic location at the crossroads of the Great Lakes (between Lake Michigan and Lake Huron), the island was one of the first areas explored in the Midwest. Everywhere there are traces of history, which you can enjoy on a carriage tour ($7, kids half price).

Old Fort Mackinac, nearly as battle ready as ever, looks down over the sparkling little harbor from a commanding hilltop. Since it's the final tour stop, linger as long as you like—for the cannon- and musket-firing demonstrations or lunch in the Tea Room.

The past also lives along Market Street. Browse buildings like John Jacob Astor's fur trading post. The Grand Hotel, a landmark from the days when Mackinac was strictly the summer home of Midwestern tycoons, is another delightful lunch stop.

The island at its best

Early morning is one of the best times for leisurely exploring. Stroll through town along colorful Huron Street as the sun sneaks up between the masts of yachts lined up in the harbor. Everyone will be pedaling off to work then, too. You can breakfast as the ferry fleet begins to dock and pedaling hotel porters load up mountains of luggage on their bikes.

About midmorning, slip out of the mainstream—and away from daytime sight-seeing crowds. Biking is fine along British Landing Road to tranquil spots at the other end of the three-mile-long island (bikes $1.50 an hour, $7.50 a day). Pick a quiet spot poolside or along the beach, or play golf in the shadows of the governor's summer home. In the evening, travel by carriage to one of several fine restaurants or hotel dining rooms.

Rates at hotels and guesthouses start at about $35 to $40 double a night (at the old Murray Hotel and the Chippewa Hotel). Two especially charm-

continued



***A family vacation experience down on the farm* (right)**

Photograph George Bush

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ing establishments are the Iroquois and the Windermere ($50 to $60 double). Make your reservations early.

Getting there

The Pellston airport, served by Republic Airlines, is the closest stop to the island for regularly scheduled air service. You can take a minibus ($7.50, kids half price) from there to Mackinaw City and the ferry dock (about 20 miles north; ferry rates about $4, kids half price). Charters from Pellston, Detroit, Chicago, and Milwaukee also fly into the island's small airport.

Traveling Michigan's western shore *en route* to Mackinac Island can be a vacation in its own right. There are fine beaches, resorts, and lakeside towns with facilities for water fun all along the route. North Star buses travel nearly the full length of the shore between Mackinaw City and Muskegon, connecting with Greyhound out of nearby cities. You'll enjoy a day or two almost anywhere the bus stops.

Hulking ferries also take shortcuts across Lake Michigan between the Wisconsin towns of Kewaunee and Manitowoc, at the foot of the Door County peninsula, and Ludington and Frankfort, along the western Michigan shore. Though the ferries don't always run on time, the four-hour trip is delightfully relaxing, and the prices are right ($10 one way, $10 extra for a cabin, and $3 extra for a bike). You can pack a lunch or eat in the dining room on board.

For an overnight stay in Ludington (usually required if you're making connections between the ferry and buses north), choose a cozy beach-side motel like Nader's or Miller's (from $28 double). Arrange in advance to be picked up at the ferry dock.

Michigan's western shore

Traverse City, the hub of goings-on along the northern section of the shore, also is the closest jumping-off point served by public transportation for Leelanau County and the Leelanau Peninsula (15 miles north), prime territory for biking.

A top spot among the many accommodations in Traverse City is Park Place (doubles from $41, kids stay free); the playhouse next door offers first-class live theater. Ranch Rudolph, about 15 miles outside town, adds a touch of the old West to the western shore (doubles from $35, kids stay free; pickup service at Park Place). There's minibus service between the local airport and two major resorts nearby: Sugar Loaf Mountain (doubles from $55 a day, $16 for the bus) and Hilton Shanty Creek (from $40, $22 for the bus). Both are perfect for stay-put vacationing.

At the town of Charlevoix, a haven for yachters, ferries load up for the two-hour trek to Beaver Island ($11 round trip, kids half price), where there's a village to explore and roads for biking (rentals on the island). You can stay at an engaging old hotel, a more modern motel, or a rustic lakeside lodge in the woods.

Just beyond Charlevoix lies Petoskey, where gaslights flicker day and night in the nifty restored shopping district. The classic old Perry Davis Hotel, overlooking the lake, offers convenient accommodations (doubles from $38 in the new wing).

The Ozarks by boat and bus

No place in the Midwest can surpass the Missouri Ozarks for idyllic scenery and on-the-water recreation. Forests and rolling hills tumble down to vast lakes and clear running streams in the shadows of a massive old mountain chain. This picture-postcard setting spreads across much of the southern half of the state and is a favorite backdrop for Midwest vacationing.

Missouri's central Ozarks

Almost everything in the Lake of the Ozarks area (about 50 miles southwest of Jefferson City) revolves around the water. That's not surprising, because the Lake of the Ozarks is one of the largest man-made lakes in the country. But besides providing recreation—swimming, fishing, boating, and some of the best water skiing anywhere—the lake makes it easy to get around. Simply pick accommodations along the shore, then rent a boat and take to the water when you have the notion. You can follow the lake's tentacled patterns almost everywhere, and you'll be surprised at how much shorter distances are by lake than by land.

The Osage Beach and Bagnall Dam areas (at the east end of the lake) are closest to the action, including "the strip," a Coney Island of gift shops, arcades, country music shows, and docks where you can hop an excursion boat almost any time. Some casual floating eateries even cater especially to the boating crowd. Pull right up into one of their slips and place your order from the water.

Almost every motel, resort, and campground has its own share of shoreline and dock. Many rent boats, too. If not, there's bound to be a marina nearby. Prices start at about $15 a day for canoes and small fishing crafts with motors, though just about every kind of boat imaginable is for rent.

For accommodations, you can choose big high-class resorts, like the Lodge of the Four Seasons and Tan-Tar-A, with prices to match; middle-sized establishments, like the Kirkwood

continued



The elegant Grand Hotel on Mackinac Island **(right)**

Photograph Hedrich-Blessing

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(from $57 a day double with meals, kids from $16.50) and Big Bear Resort ($45 with kitchenette for a family of four); and somewhat smaller facilities, like Mallard Point, Summerset Inn, and Point Breeze (all from about $40 a day for four with kitchens). At the more secluded west end of the lake, two top choices are the modern Millstone Lodge (from $31 for four) and Wulff Harbor Resort (from $45 for four).

Off the water, an area sight-seeing trek offered by Lake Ozark Scenic and Historical Tours (about $15 with lunch) makes a fun change of pace.

Getting there

Trans-Mo commuter airlines flies between the central Ozark region's Fine Airport and St. Louis and Kansas City. Amtrak stops in Jefferson City, where you can catch a bus (Missouri Transit), or fly to Fine Airport via commuter carrier from the Columbia/Jefferson City regional airport. Most lodgings provide bus and plane pick-up service if you make arrangements in advance.

For more about the central Missouri Ozarks, see page 158.

Missouri's southern Ozarks

The Ozark hills turn more rugged as they roll south and fan out to include three huge lakes in the vicinity of Branson, near the Missouri/Arkansas state line. There, man-made attractions and spectacular scenery make a perfect combination for a motor coach tour.

Motor coach tours head for the Ozarks from as far away as Philadelphia and Palm Springs and as close by as St. Louis, Kansas City, Little Rock, and Tulsa. Though itineraries vary, you can count on a relaxing time. Everything is prearranged. Just lean back and enjoy hill-country scenes that drift by your window between sight-seeing stops.

Silver Dollar City is the premier attraction on motor coach tours. You can't help having a good time at this re-created 1880s mining town, filled with craft shops, colorful shows, and rides. You'll gain a new appreciation, too, of the folkways and friendly down-home spirit that are so much a part of the Ozarks.

Strolling and snacking are delights: Crunch pecan brittle as you watch a carver whittle intricate designs; sample one of Aunt Fannie's funnel cakes over by the blacksmith's shop; or bite into a juicy fried fruit pie while you track down the candle shop that sends sweet scents through the air.

You can catch a ride on an old-fashioned steam train that toots into the woods or whiz through a "burning" village on a thundering roller coaster ride. And don't miss the "shoot-out" at the old hotel. Most tours schedule a full day at the park to enjoy it all.

Your tour probably will include a stop at Shepherd of the Hills Farm, a famous pioneer homestead where you can visit the historic grounds and watch an outdoor pageant about Ozark frontier life. The Great Passion Play, another outstanding outdoor drama, is staged just across the state line in Eureka Springs. And at the nearby School of the Ozarks, the Foster Museum preserves fascinating reminders of hill-country history.

Some flexibility is built into most tours. At major sight-seeing stops, you usually can have time on your own if you like. During the day set aside for Silver Dollar City, for example, you might opt to spend some time along the Taneycomo lakefront in Branson, where you can take an excursion cruise or rent a boat.

A reputable local travel agent is your best source of information about motor coach tours, which sometimes combine stops in both the central and southern Ozark regions. Prices vary, of course, according to the length of the tour, the number of people who share the same room, and accommodations along the route (deluxe, first-class, or economy). Here's one example: A seven-day tour that originates in Birmingham, Alabama, and includes three days and two nights in the Ozarks costs $390 to $355 per person (two to four people to a room). Rates include transportation, rooms, baggage handling, most meals, admissions to attractions, and a tour escort.

Another option

But if you still prefer vacationing on your own, you can. Pick lodgings along the lakefront in Branson or within a couple of miles of town west along State-76. You'll be within walking distance of the lake, shops, and restaurants and on the pickup route of Ozark Mountain Sightseeing, which offers tours and shuttle service to attractions.

Getting there

The airport in Springfield, served by Ozark and commuter airlines, is closest to Branson. Sunnyland Stages travels the 40 miles between Branson and Springfield ($12 round trip).

For details, see page 158.

continued



Ozark craftsman at work at Silver Dollar City **(right)**

Photograph: Silver Dollar City

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Cheese-stuffed Patties

Mix 1 lb. ground beef, ½ teaspoon salt and dash of pepper. Between sheets of waxed paper, roll out patties ¼ inch thick. Center half of patties with small amount of shredded American cheese and chopped onion and barbecue sauce. Top with remaining meat patties; press edges to seal. Grill over medium-hot coals about 7 minutes. Turn; grill 6 to 7 minutes more. Makes 3 burgers.



Barbecue with Gulf Lite- the "one match" charcoal starter.

continued

The Midwest

Backpacking Isle Royale

- Superintendent, Isle Royale National Park, 87 North Ripley Street, Houghton, MI 49931.
- Sue Callaway, Travel Bureau, Michigan Department of Commerce, Box 30226, Law Building, Lansing, MI 48909.
- Patricia Francisco, Information Officer, Tourism Bureau, Minnesota Department of Economic Development, 480 Cedar Street, St. Paul, MN 55101.
- Terry Hansen, Northern Transportation Company, Box 1206, Virginia, MN 55792.
- Dan Russell, Director, Duluth Convention & Visitors Bureau, 1731 London Road, Duluth, MN 55812.

Canoeing the Boundary Waters

- Forest Supervisor, Boundary Waters Canoe Area, Superior National Forest, Box 338, Duluth, MN 55801.
- Also see Minnesota Tourism Bureau and Northern Transportation.

Sailing the Apostle Islands

- Superintendent, Apostle Islands National Lakeshore, Box 729, Bayfield, WI 54814.
- Robert Green, Division of Tourism, Department of Business and Development, 123 West Washington Avenue, Madison, WI 53702.
- Bayfield Chamber of Commerce, Bayfield, WI 54814.
- Sailboats Inc. Charters, Box 840, 19 Front Street, Bayfield, WI 54814.
- Superior Charters, Inc., Box 970, Bayfield, WI 54814.
- Apostle Island Yacht Charter Association, Suite 321, 7300 France Avenue South, Edina, MN 55435.

Staying put on the farm

- Travel Development Division, Iowa Development Commission, 250 Jewett Building, Des Moines, IA 50309.
- Gojan Nikolich, Illinois Office of Tourism, Department of Commerce and Community Affairs, 205 West Wacker Drive, Suite 1100, Chicago, IL 60606.
- Harriet Lange, Director, Tourist Division, Kansas Department of Economic Development, 503 Kansas Avenue, Topeka, KS 66603.
- Richard Gartrell, Director, Travel and Tourism Division, Nebraska Department of Economic Development, Box 94666, State Capitol, Lincoln, NE 68509.
- Also see Michigan Travel Bureau, Minnesota Tourism Bureau, and Wisconsin Division of Tourism.
- *Farm, Ranch & Country Vacations* (224-page book; $6.95), 36 East 57th Street, New York, NY 10022.

Bicycling Door County

- John Hyland, Door County Chamber of Commerce, Box 219, Sturgeon Bay, WI 54235.
- Wisconsin Michigan Coaches, Inc., 406 North Monroe Street, Green Bay, WI 54301.
- Also see Wisconsin Division of Tourism.

Mackinac by carriage and bike

- See Michigan Travel Bureau.
- Phil Joyce, West Michigan Tourist Association, 136 East Fulton, Grand Rapids, MI 49503.
- Gail Andrus, North Star Lines, Inc., 341 Ellsworth S.W., Grand Rapids, MI 49503.
- Wagner Airport Service, Box 744, Mackinaw City, MI 49701.
- Warren F. Lindsey, Agent, Chessie System, Ludington, MI 49431.
- Ann Arbor Railroad System, Ann Arbor Car Ferry, Box 991, Frankfort, MI 49635 (800/632-0972 toll free in Michigan; 800/253-1948 outside the state).
- *Bicycle Leelanau County* ($1.85) and *Bicycle the Peninsula* ($1.35), Dick Wetters, 8164 West Lakeview, Traverse City, MI 49684.

Missouri's central Ozarks by boat

- Tom Schultz, Director, Lake of the Ozarks Association, Inc., Box 98, Lake Ozark, MO 65049.
- Charles Boyd, Director, Missouri Division of Tourism, Box 1055, Jefferson City, MO 65102.
- Missouri Transit, 104 North Clark, Moberly, MO 65270.

Missouri's southern Ozarks by bus

- See Missouri Division of Tourism.
- Branson Chamber of Commerce, Box 220, Branson, MO 65616.
- Sunnyland Stages, c/o Wayne and Barbara Barnes, 320 South Kimbrough, Springfield, MO 65806.

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Citrus Heights
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961-3800

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Liberty House
682-4321

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Crown Hardware
673-2800

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Dixon Mercantile Co.
678-3821

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Liberty House
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Eureka
Lincolns
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Gottschalk's—all stores
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Liberty House
222-5151

Hayward
Liberty House
785-6000

Huntington Beach
Pandora's Pad
963-4025

La Mirada
Pots 'N Pans 'N Things
522-8561

Laguna Hills
The Growing Grounds
951-5021

Los Angeles
Bullocks—all stores
J.W. Robinson's—all stores
Koontz Hardware
655-6606

Merced
Gottschalk's
723-1641

Modesto
Gottschalk's
527-4444

Monrovia
The Pottery Ranch
358-1215

Mountain View
Liberty House
948-0800

Newport Beach
Rion Hardware
642-1133

Oakland
Liberty House
891-2121

Sacramento
Liberty House—all stores
421-5151
Wm. Glen
483-2935

San Diego
The Growing Grounds—all locations
578-0870
The Kitchen Shop
299-3812

San Francisco
Le Petit Choux
668-8484
Liberty House
772-2121

San Jose
Barretts
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Santa Maria
Gottschalk's
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Sign of the Bear

Taft
El La Gaunt
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Visalia
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STEP-BY-STEP COOKING

WILTED GREENS SALAD

The next time you're looking for an alternative to tossed salad, try this vegetable combo. It offers a unique experience in texture and taste—crispness from the slightly wilted greens with just a hint of warmth from the dressing. Follow these step-by-step directions and see how easy this salad is.



Photographs: Dieter

Once you've made the basic salad, try experimenting with different types of greens and vegetables. Torn iceberg lettuce, romaine, sliced mushrooms, chopped celery, and the bacon-onion dressing add up to a tempting and tasty salad. Try adding your favorite herb too.





WILTED GREENS SALAD

Trim the salad with sliced hard-cooked egg, if you like—

- **8 cups fresh spinach**
- **1 cup fresh bean sprouts**
- **½ cup sliced water chestnuts**
- **4 slices bacon**
- **¼ cup finely chopped onion**
- **3 tablespoons vinegar**
- **3 tablespoons catsup**
- **1 tablespoon sugar**

Step 1: Tear spinach leaves into bite-size pieces and place in a mixing bowl. Add fresh bean sprouts and sliced water chestnuts.

Step 2: Using kitchen shears or a sharp knife, cut bacon into small pieces. In a deep 12-inch skillet (an electric skillet works well, if you have one), cook bacon pieces over medium heat till crisp. Do not drain.

Step 3: Add onion, vinegar, catsup, and sugar to bacon pieces and drippings, stirring to combine. Cook and stir till mixture is bubbly heated through.

Step 4: (See top photo.) To prevent greens from overcooking, remove skillet from heat. Stir spinach mixture into skillet, tossing till all of the greens are slightly wilted and well coated. Turn salad into serving bowl; serve warm. Makes 8 servings.

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Is your cleanup complete?

You may think you've cleaned every nook and niche in your house, but we'll wager you've missed several prime candidates for cleanup. Here's a checklist of easy-to-miss dirt collectors which need to be cleaned regularly.

Refrigerator: About every three to six months, vacuum or dust condenser coils which can be reached from the back or bottom of the refrigerator. If you have an automatic defrost model, wash the water evaporating tray in hot sudsy water. (The tray is located behind the grille on the front of the refrigerator base and is close to the floor so it collects dirt and lint.) Defrost your manual defrost freezer compartment, or freezer, when the frost becomes one-fourth inch thick.

Filters: As part of your regular cleaning schedule, change or clean the filters on your furnace, air conditioner, electronic air cleaner, and humidifier. Some of these filters are disposable, some can be cleaned in a dishwasher, and still others should be soaked in soapy water. (For instructions, check the use-and-care manual for the appliance.) If your water supply has a high mineral content, filters on water-bearing appliances will need more frequent attention.

Sinks: Hair usually builds up in bathroom sink drains over a period of time. Remove the in-sink stopper or strainer and clean it thoroughly. If the drain isn't completely clear, use a liquid drain cleaner.

Range: If you have a gas or conventional electric range, wash the drip trays and burner pans in hot sudsy water. Also clean underneath heating elements where food particles collect.

Remove and clean the screen or filter from your range ventilating hood as often as once a week, depending on the amount of use. About twice a year, wash the grease off the fan and the interior of the ductwork as far as you can reach. Ductwork can also be professionally cleaned.

Dishwasher: Some dishwashers have a screen or filter that collects food particles or debris as dishes are washed, and this may need removing and cleaning after each cycle.

Food waste disposer: To avoid odor in your food waste disposer, grind bones or ice cubes in the unit to clean it. The hard materials remove grease buildup as they knock against the sides of the grinding chamber. You may also wish to occasionally grind a lemon in your disposer just for the fresh smell.

Furnace vents: If you're moving into an older home, you may opt to have the forced-air furnace vents thoroughly cleaned by a professional. For less intensive (and less expensive) cleaning, remove the furnace vent covers in each room and wash them in sudsy water. Vacuum away lint as far as you can reach into ductwork with a vacuum cleaner attachment.

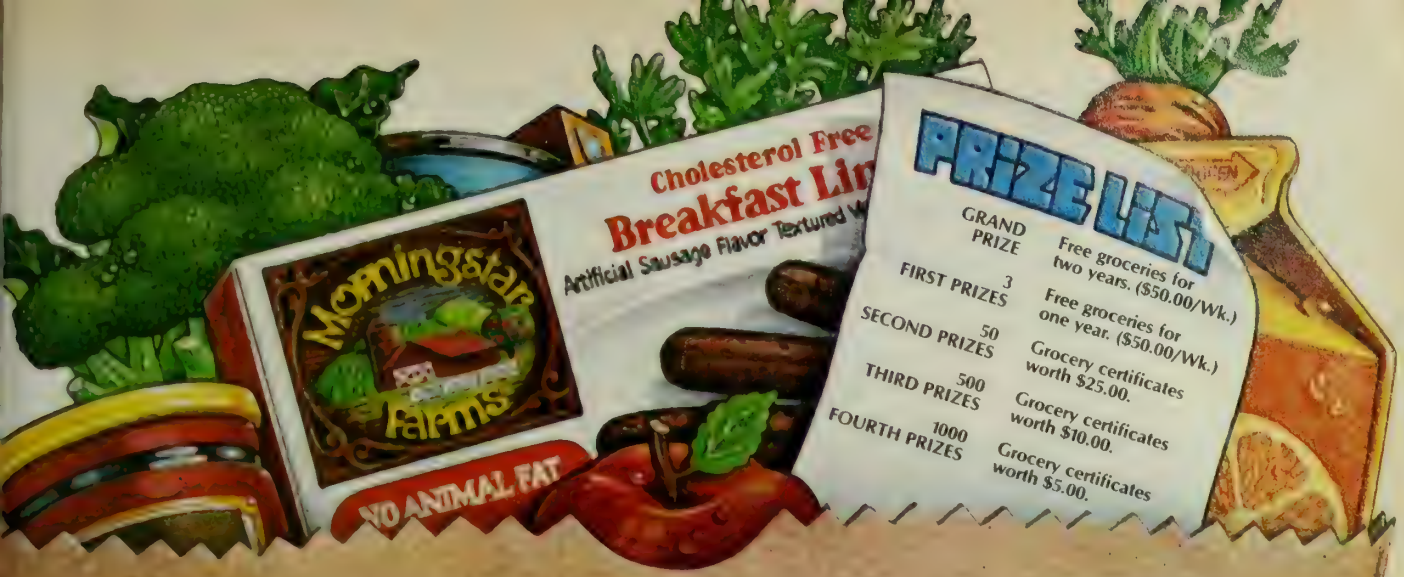
Hot water heater: To extend the life of your hot water heater, completely drain it of water about once a year. Debris and insoluble minerals will drain out the bottom of the appliance along with the water.



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Bead embroidery basics

If you enjoy embroidery and are eager for a new challenge, try embroidering with beads. Just string some beads on a threaded needle and sew them onto your fabric to make colorful patterns and three-dimensional designs. The following information tells you how.

Necessary supplies

Decorative beads are available in a large assortment of colors and sizes. Colors range from one end of the spectrum to the other; sizes range from tiny seeds to medium-size plastic or wooden beads to large pottery beads. If you make your own beads from clay, you'll need a knitting needle, darning needle, tapestry needle, or toothpick to pierce a hole in each one.

Use very thin, small-eyed beading needles for small beads; an average-size sewing needle works well for large beads.

To secure a string of small beads to fabric, use lightweight (12 gauge) monofilament, dental floss, or special nylon beading thread. For large beads, use carpet thread, embroidery cotton, or buttonhole thread.

Transferring your design

After selecting a pattern or design for your beadwork, transfer the pattern to your fabric. There are four ways to do this: you can use a transfer pencil and a hot iron, or a tracing wheel and dressmaker's carbon paper, or you can *lightly* sketch the pattern directly onto the fabric with a hard lead pencil.

For a precise yet time-consuming method of transferring your design to fabric, draw the design on a piece of cardboard and punch holes in the cardboard with a pin, following the outline of the design. Position the holes ¼ inch apart. Place the pattern on top of the fabric, dust the pattern with chalk powder or quilting powder, and carefully lift the cardboard.

Needle techniques

There are two methods of doing bead embroidery—single needle and double needle. The first method, sometimes called the "lazy-stitch" technique, is used to stitch small numbers of beads to the fabric with each stitch. No more than eight beads are sewn at a time (depending on the size of the beads) without taking a stitch. Use this technique for fairly intricate patterns because it's easier to control the lines and details of a difficult pattern if you take more stitches and use fewer beads per stitch.

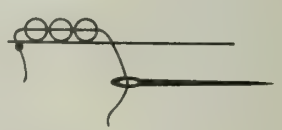
Always be sure to follow the lines of your pattern as closely as possible to get an accurate design.

For the second method, two needles are used to stitch a longer string of beads to the fabric. If your pattern is a series of straight lines, you can use the two-needle technique and thread quite a few beads at one time.

Single-needle method

Place your fabric in an embroidery hoop and cut and knot a piece of strong thread. Begin stitching so the knot is on the fabric's underside. String approximately three beads (depending on size) onto the needle, pushing them as close to the fabric as possible. Then, pass the needle back down through the fabric to the underside so the stitch is as close to the last bead as possible

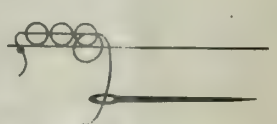
Diagram A



(see diagram A, *above*).

For added strength, backstitch through the last bead by bringing the needle back up and through the third

Diagram B

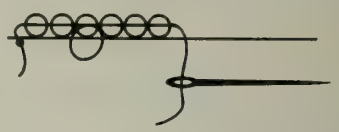


bead (see diagram B, *above*).

Add three more beads and repeat the procedure, backstitching through the last bead (see diagram C, *above right*).

End by passing your needle down through the fabric and going through beads one and two of the last three

Diagram C

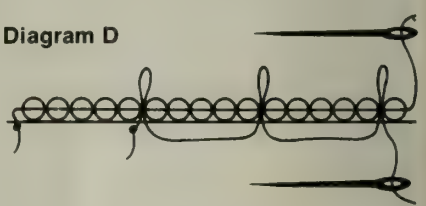


beads in the opposite direction. Repeat this procedure until you've double-stitched at least six beads. Knot and clip the thread on the back side of the fabric.

Double-needle method

To begin, cut, thread, and knot a piece of strong thread and pass the needle up from the back side of the fabric. String eight to 15 beads (depending on the size of the beads) on the thread and lay the beads flat on the fabric. Thread a second needle and pass the needle through the fabric to the front side, in between the second to the last and the last bead. Bring the second thread up and over the first string thread, taking a tiny stitch and bringing the thread back down through the fabric (see diagram D, *below*). Keep the second thread as close as pos-

Diagram D



sible to the beadwork so the thread doesn't show.

By bringing the second thread up and around the first thread, you tighten, and strengthen the beadwork, making it more durable.

Bring the second thread up and around after every fifth bead until you reach the end of a row.

To end a row of beads, knot the threads on the underside of the fabric and clip them.

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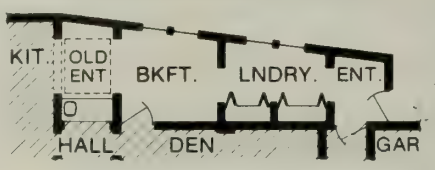
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A narrow addition that does a lot

Want to "depressurize" an overworked kitchen? Here a small addition does the job. Before (shaded area of plan), all the family traffic shuttled right into the kitchen from the back porch. Part of the kitchen served as breakfast space, and boots and coats cluttered the rest.



At first, there seemed no way to build an addition where the house appeared to call for it—right in the L at the old rear entry. The big obstacle was a very close lot line which also tapered toward the garage. But clever planning produced this unusually shaped addition that enclosed the old covered porch and created three small, but much used, new rooms. Now the kitchen does its primary job with ease, and the breakfast and laundry areas are but a step away.



Photographs: Hedrich-Blessing. Architect: Glen Linberg
Field editor: Patricia Carpenter

The old entry was simply enclosed, bricks and all, and a large skylight added to help keep the kitchen's original brightness. This new space buffers the breakfast room from kitchen clatter and offers a bonus of an overflow counter and storage space.



The 11-foot-long laundry space is plenty large enough for the equipment, folding counter, and a double tub for either hand washing or kid cleaning. The closets on the right are only 18 inches deep yet there's shelf space for folded clothes, temporary hanging space, and storage for seldom used items.

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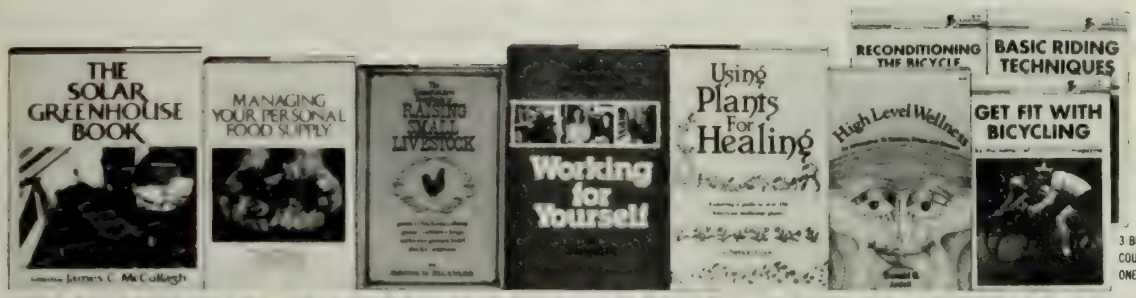
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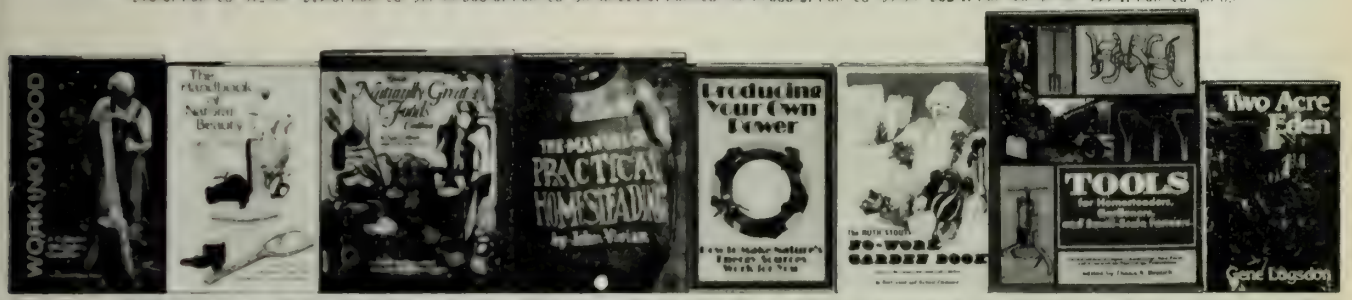
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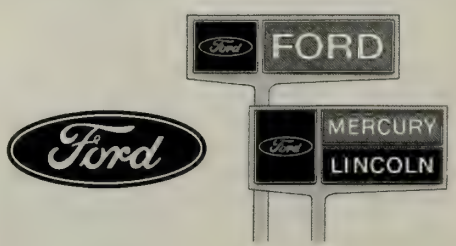
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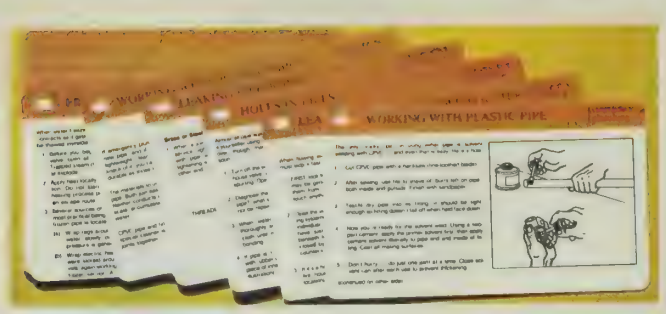
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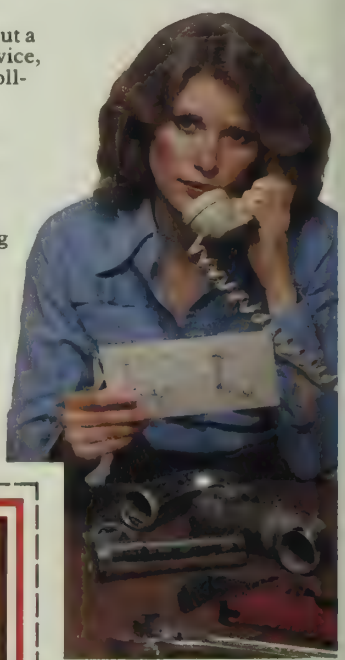
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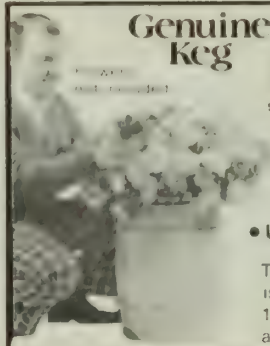
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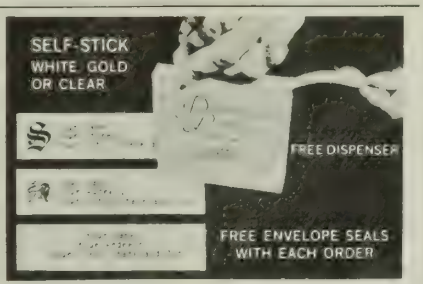


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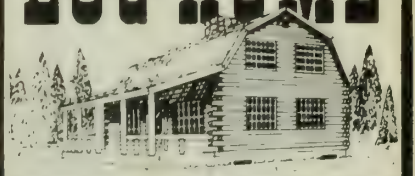
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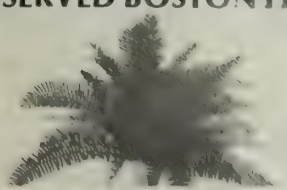
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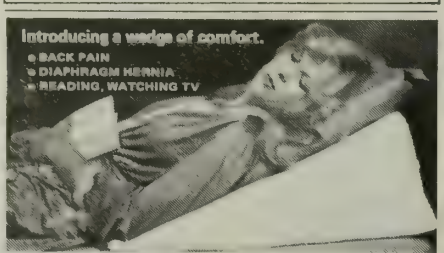
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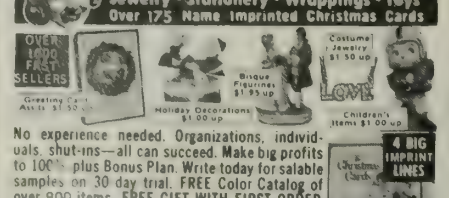


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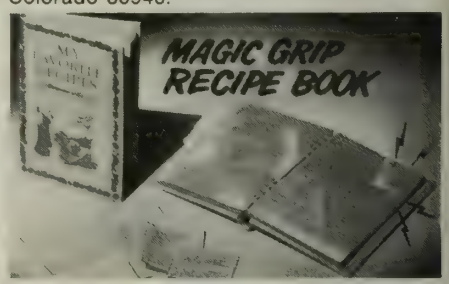
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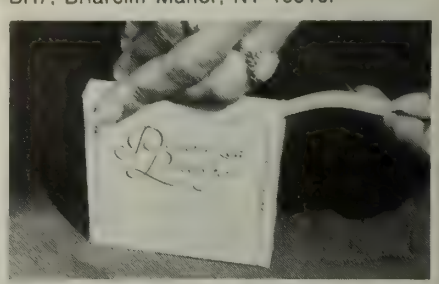
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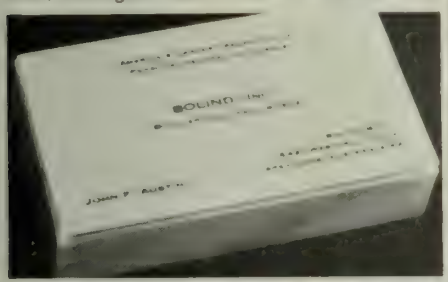
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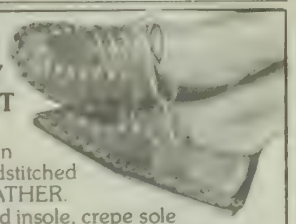
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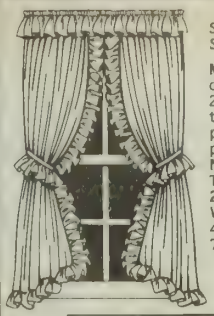


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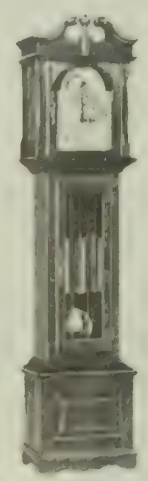


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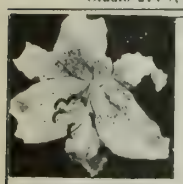
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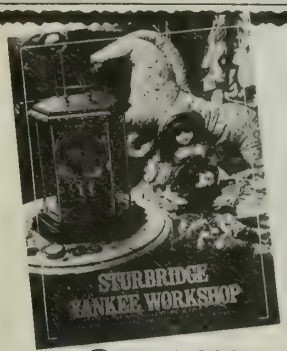
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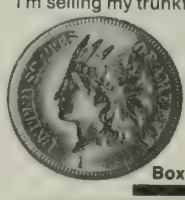


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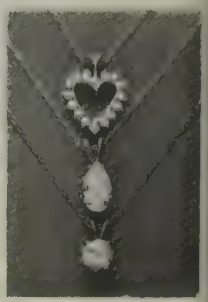
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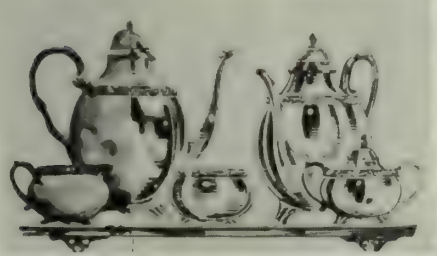




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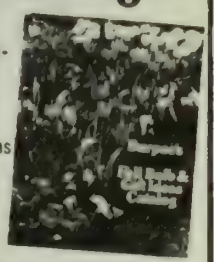
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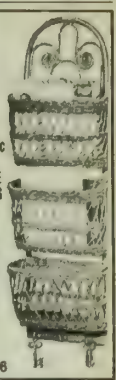
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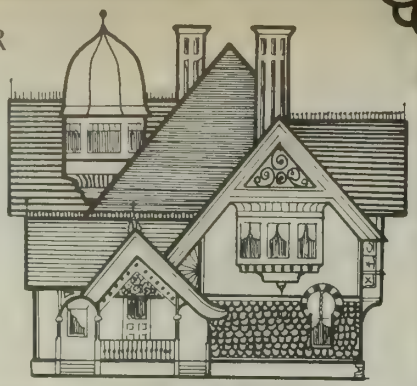


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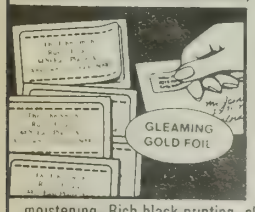
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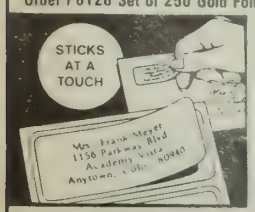
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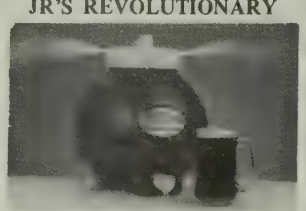


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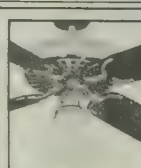
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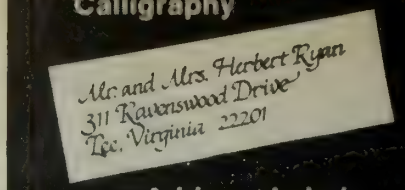


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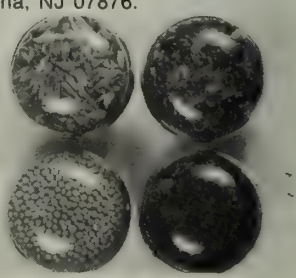


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The latest in labels from the greatest label stable! Your name and address artistically hand-lettered (or any 3-line message). 22 letters and spaces per line. Black ink on white gummed paper, ⅝" x 1¾" long. Packed in a plastic box. (Allow 4-6 weeks.) 500 labels, $7.50 plus 75¢ postage. 80-page catalog, $1. Order from Bruce Bolind, BH-7 Bolind Bldg., Boulder, CO 80302.



Perfect Pets—decorative and useful
Wide-eyed owl and eager elephant are whimsical wicker showoffs for desk essentials, pens, pencils, cosmetic brushes or a lovely vase for flowers. They're compatible with any decor as well as utilitarian. 6" high x 4" diameter, $6.95 ea. + $1.50 post. Also dog or frog (not shown). 88-page catalog, 50¢. Fran's Basket House, Dept. BH7, Rt. 10. Succasunna, NJ 07876.



Spice knobs for a unique look
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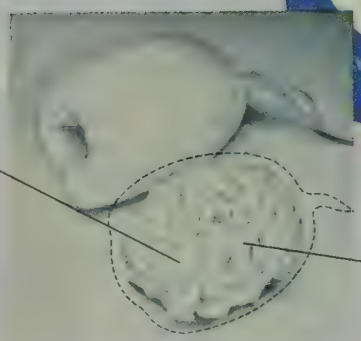


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report Jan. 1980.

When you have to use a napkin with your tampon,





Expandable sponges that fit best to protect you best against tampon by-pass. Rely's sponges expand to fit and absorb almost instantly. So you're protected virtually from the start.

Super fibers for super holding power. Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight.

you really need Rely's double-absorbing action.

Some days it seems as though a tampon's just not going to be enough for you. So you use a napkin, too, to protect against tampon by-pass (the accident that happens when there's a gap between your tampon and you). Not very comfortable, is it?

Now try Rely.® It was specifically designed to protect you by fitting better than other tampons. Rely holds your menstrual flow in a unique way to protect you best against tampon by-pass. So you can practically forget about staining from by-pass accidents. You see, Rely is made very differently. Not with cotton and rayon. But with tiny expanding sponges and super-absorbent fibers encased in a silky outer covering.



Rely after 5 minutes after insertion

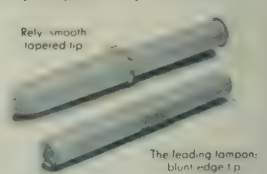
Double-absorbing action: It provides superior protection against tampon by-pass.

As soon as you insert Rely, your body's natural moisture makes the sponges expand till the tampon billows out, gently hugging you virtually wall to wall. So there's less chance of the flow escaping because of tampon by-pass. And Rely continues to fit—bending, flexing, giving—as you bend and flex throughout your day.

Only sponges absorb like sponges, and Rely's absorb almost instantly. But that's only half of double-absorbing action. It's the fibers that help keep the flow from backing out. They actually draw the flow from the sponges and hold it deep inside Rely's unique cup shape. Allowing the sponges to absorb even more.

All this protection and comfort, too.

Some women find Rely's Regular size so absorbent, they never need Rely Super. But, it's best to try both sizes at first—using Super on heavy days and Regular as you taper off—until you find the combination most comfortable for you. Rest assured, even women with unusually heavy flow have found security in Rely Super.



It stands to reason that a soft little pillow of a tampon has got to be comfortable. And Rely's smooth plastic inserter with a tapered tip glides in naturally, without a pinch.

So try Rely, the only tampon with this kind of double-absorbing action. You may never have to wear a napkin again.

Rely.
It even absorbs the worry.



August 1980

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GARDENS

Late-blooming bulbs for more color this fall

KITCHENS

A remodeling that has it all: storage, space, convenience

TRAVEL

Family vacations you can still take this summer

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How to make your home say YOU—nine color pages of great ideas



FOOD

Super recipes for all kinds of fresh summer vegetables—salads, appetizers, entrées, side dishes

In either length—King or 100's:

Carlton is lowest.

See how Carlton stacks down in tar compared with U.S. Gov't. figures for brands that call themselves low in tar:

	tar mg./cig.	nicotine mg./cig.
Carlton Box (lowest of all brands)	**less than 0.01**	**0.002**
Carlton Soft Pack	**1**	**0.1**
Carlton 100's Box	**1**	**0.1**
Carlton 100's Soft Pack	**less than 6**	**0.5**
Kent	11	0.9
Kent 100's	14	1.0
Merit	8	0.6
Merit 100's	10	0.7
Vantage	11	0.8
Vantage 100's	12	0.9
Winston Lights	14	1.1
Winston Lights 100's	13	1.0





Carlton Menthol.

King & 100's

The lighter menthols.

King—Less than 1 mg. tar, 0.1 mg. nic. 100's—Only 5 mg. tar, 0.4 mg. nic.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.01 mg. "tar", 0.002 mg. nicotine; 100's Box: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette by FTC method. Soft Pack: 1 mg. "tar", 0.1 mg. nicotine; Menthol: Less than 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack: Less than 6 mg. "tar", 0.5 mg. nicotine; 100's Menthol: 5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report Dec. '79.

(Advertisement)

For better or for worse. How does your husband see you now?

No woman expects to look as young as she did the day she said "I do." Still, when you remember the look in your husband's eyes, you wonder how he sees you now. More importantly, how do you see yourself?

Every woman should take a moment now and then to answer those questions. And for you, that moment can be a good one, once you've discovered the secret of a mysterious beauty fluid that helps you look younger. A secret shared by women around the world and known, here in the United States, as Oil of Olay.®

Surely you know of women who have already experienced the benefits of this precious fluid. Women whose complexions speak of youth. And once you experience Oil of Olay for yourself, you too will see how very different it is.

One difference is the feel of this astonishing fluid. Oil of Olay isn't greasy. Its unique blend of tropical oil and precious emollients is similar to the fluids abundantly found in younger skin. Each drop penetrates readily...disappears deep into the skin and helps your skin maintain a rich reservoir of vital fluids.

How quickly will your skin respond? The texture of your skin starts to improve immediately. Oil of Olay softens dryness the moment it touches your skin. And soon, the lustrous radiance of your skin returns. Even tell-tale little lines will fade from view, leaving your skin smoother, suppler, younger-looking. Your very own mirror will tell you for certain, and your husband is bound to notice it, too. Even if he doesn't say anything right away, something in his eyes will tell you he's pleased.

Oil of Olay imparts its skin-softening benefits each time you use it, so be sure to make it part of your daily beauty regimen. Many women use it in the morning to provide a smooth, silken foundation under makeup. And others use Oil of Olay without makeup, to give their complexions a soft, dewy glow.

Remember, you're never too old to look younger. So instead of wondering how your husband sees you, take that moment to discover the secret of Oil of Olay. Once you do, you may never have to wonder again.

Oil of Olay. It can help you look younger, too.

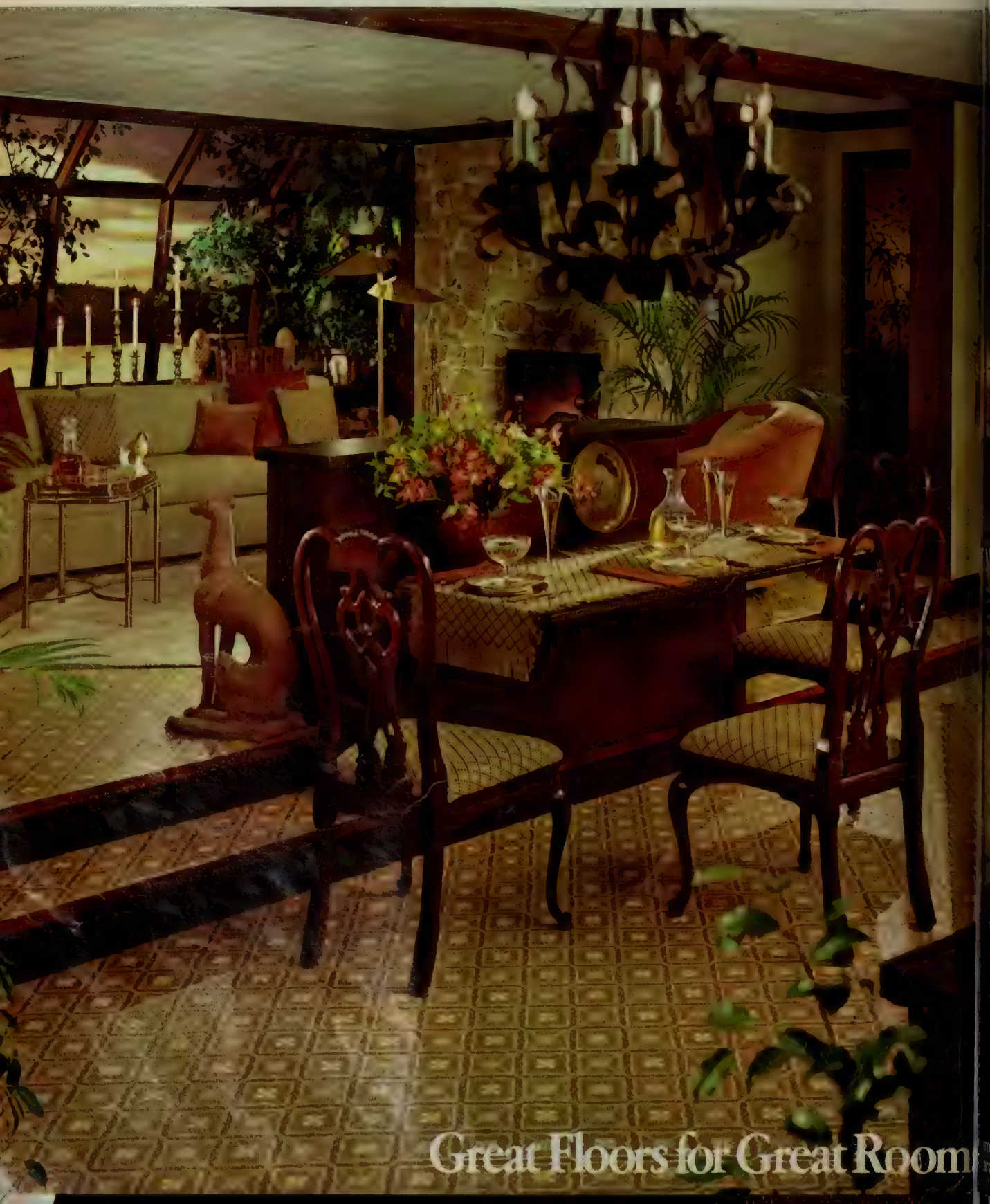
Beauty Secret

One of the best times to use Oil of Olay® Beauty Lotion is after cleansing your pores thoroughly, so try this fragrant facial first. Add mint leaves or camomile to a bowlful of boiling water. Then cover both the bowl and your head with a towel, keeping your face twelve inches from the water. Relax for ten minutes while the steam opens your pores, then rinse with cool water. Now your skin is most receptive to the skin-silkening benefits of Oil of Olay. ■



ARMSTRONG DESIGNER SOLARIAN®

The only no-wax floor with



Great Floors for Great Room

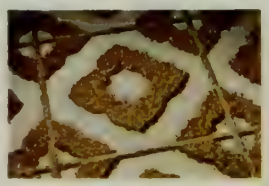
he richness of Inlaid Color™



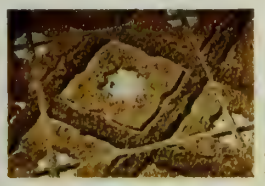
rmstrong Designer Solarian,
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INLAID COLOR: A BEAUTIFUL DIFFERENCE YOU CAN'T MISS.

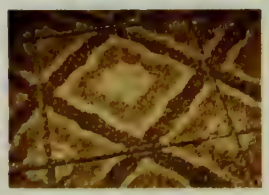
Most no-wax floors have their colors and patterns just printed on. But Designer Solarian is different. And that difference is called Inlaid Color. It's Armstrong's exclusive process that builds up the color and pattern with thousands of varicolored vinyl granules. The result is a richness of color and a uniquely "crafted" look that no printed flooring can begin to match.



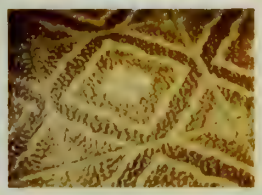
1 Inlaid Color begins with the precise placement of varicolored granules onto the backing



2 gradually building up the design—color by color, shade by shade



3 Once the pattern is complete, intense pressure and heat are applied—fusing it into a solid inlaid vinyl



4 And when the extra-durable Mirabond® surface is applied, the Inlaid Color is sealed with a lasting protection and shine

ANOTHER BEAUTIFUL DIFFERENCE: THE NO-WAX SHINE THAT LASTS LONGER.

Most no-wax floors have ordinary vinyl surfaces which soon dull from scuffs and scratches. But Solarian floors have Armstrong's extra-durable Mirabond surface which—along with protecting the Inlaid Color and pattern—keeps its lustrous "like-new" look without waxing far longer than ordinary vinyls. And the cleaner you keep it the brighter it shines. Just sponge-mop with detergent, and rinse thoroughly. (If a reduction in gloss should occur in heavy-traffic areas, Armstrong Suncoat™ can be applied to help maintain the shine.)

ONCE 'N DONE™: THE EASY WAY TO KEEP SOLARIAN FLOORS CLEAN.

The easiest way to keep any Solarian floor looking its best is with our Once 'n Done *No-Rinse* Cleaner. Available only at your Armstrong retailer, it was developed especially for Mirabond-surfaced floors. Besides saving you the chore of rinsing, it leaves no dulling, dirt-catching film.

To find your nearest Armstrong retailer, look in the Yellow Pages under "Floor Materials."



Many are authorized Floor Fashion Center® dealers offering the full selection of Armstrong floors.

SEND FOR FREE 20-PAGE GUIDE TO ARMSTRONG FLOORS.

Please send me your free booklet, "How to Buy Resilient Flooring," that gives valuable information on how and where to shop, flooring features to look for, and full-color illustrations of today's most popular Armstrong floors.

Armstrong, Dept. 08FBH, Lancaster, PA 17604

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Street_____

City_____ State_____ Zip_____

Armstrong

CREATORS OF THE INDOOR WORLD®

Floor design copyrighted by Armstrong

If your allergies are so bad even the air seems to itch...



If you have the kind of allergies that make your eyes water, clog your sinuses, and make you feel that even the air itches, don't settle for less than Maximum Strength Teldrin.® Because there's no stronger, no longer antihistamine allergy relief available. Teldrin has the maximum dose level of 12 milligrams, in a timed-release formula that works up to 12 hours, continuously through the day or night.
In fact, a government commissioned panel of experts has found the Teldrin formula to be so safe and effective that it's available without a prescription. And Maximum Strength Teldrin has the antihistamine doctors recommend most.
So if your allergies are so bad even the air seems to itch, get Maximum Strength Teldrin with 12-hour, 12-milligram maximum protection.

Read and follow label directions

MAXIMUM STRENGTH TELDRIN®



There's no stronger, no longer antihistamine allergy relief available!

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It's noncorrosive—so it can't harm wiring.

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Owens-Corning Fiberglas insulation doesn't provide sustenance for fungus or mold.

And it resists moisture build-up. (Water conducts heat better than air, so excess moisture cuts the *effectiveness* of insulation. Our glass fibers resist the absorption of moisture.)

All of which may explain why Owens-Corning Fiberglas is the most widely used brand of insulation in America.

And why, when you think about insulation, you ought to think pink. ®TM Reg O-C F Corp ◦ O-C F Corp 1980



Savings vary. Find out why in the seller's fact sheet on R-values. Higher R-values mean greater insulating power.

COFFEE, COLA OR VIVARIN?

There are times when nothing beats a cup of good, hot coffee or an ice cold cola. They taste good, and give you the lift you want.

But if, as the day wears on, you sometimes find yourself having coffee or cola just for the lift, you really should know about Vivarin.

Vivarin is the gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee (or about six glasses of cola) squeezed into one easy to take tablet.

Next time you want a lift, pick Vivarin. It's convenient, inexpensive and it really works.



Read label for directions.

How to make the GARDEN VEGETABLE STIR-FRY on our cover

The Oriental stir-fry below and on our cover is just one of a fresh collection of special vegetable recipes you'll find in this issue. For this colorful wok creation, we chose yellow squash, broccoli, and carrots —but you can pick your favorites from the options below. Turn to page 94 for more delicious ways to enjoy a gardenful of great eating.



Photograph: de Gennaro. Food stylist: Mable Hoffman

GARDEN VEGETABLE STIR-FRY

Walnut oil is available in the gourmet food sections of supermarkets and in health food stores—

Vegetable options: *Use any combination of the following*—bean sprouts; torn bok choy; peeled carrots cut in thin wide strips; peeled jicama chunks; pea pods; snap peas; sliced mushrooms; sliced water chestnuts; sliced yellow squash; or sliced zucchini. *Precook till crisp-tender:* broccoli flowerets; halved brussels sprouts; cauliflowerets; bias-sliced celery; peeled eggplant sticks; green or red pepper squares; sliced okra.

½ cup chicken broth
3 tablespoons soy sauce
1 tablespoon cornstarch
2 tablespoons walnut *or* cooking oil
1 teaspoon grated fresh gingerroot
1 clove garlic, minced
3 cups desired vegetables (see options, left)
1 pound boneless pork, cut into bite-sized strips
1 cup broken walnuts
1 medium tomato, cut in wedges
Chinese noodles *or* hot cooked rice

Blend chicken broth, soy, and cornstarch; set aside. Heat oil in wok or 12-inch skillet over high heat; stir-fry gingerroot and garlic in hot oil for 30 seconds. Add desired vegetables; stir-fry 2 to 3 minutes. Remove vegetables; set aside. Add pork strips to wok, adding more oil if necessary; stir-fry 2 to 3 minutes or till well browned. Push meat up side of wok; add walnuts and stir-fry 1 to 2 minutes till golden. Push nuts away from center of wok; stir chicken broth mixture and pour into center of wok. Cook till mixture is bubbly. Return vegetables to skillet; add tomatoes. Cover and cook 1 to 2 minutes till heated through. Serve at once with additional soy sauce and Chinese noodles or rice. Serves 4 or 5.

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Woodsman® sets in so decay can't.

Woodsman Semi-Transparent Oil Stain and Wood Preservative by Tru-Test® penetrates wood with water-repellents and decay-inhibitors. Treats rough or smooth siding, shingles and shakes, decks, fences and trim to resist nature's drying, fading and weathering effects. There's also a Woodsman Semi-Transparent Latex Stain, now fortified with polyurethane. Both come in 8 ready-mixed and 24 custom colors; one coat keeps wood's fresh-cut beauty safe for years.

True Value HARDWARE STORES®

Tru-Test® Paints are sold only by True Value Hardware Stores and Home Centers who own their own paint factories. Look under "Paint—Tru-Test" in the Yellow Pages.





Water-repellent wood preservative.

August Specials

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Woodsman® Polyurethane Varnish by Tru-Test Paints, preserves wood beauty under clear, hard plastic shuts out water, weather and wear. Choose satin or flat finish for cabinetry and paneling indoors; gloss finish protects floors, bartops, exteriors.

Prices expire Aug. 30, 1980

Now only **$3.97** quart.



WEST BEND · **8" Saute Pan**

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Even-heating aluminum with premium SilverStone® surface for no-stick cooking, no-scour cleaning. Limit 1 per customer thru Aug. 30, 1980 at participating

True Value



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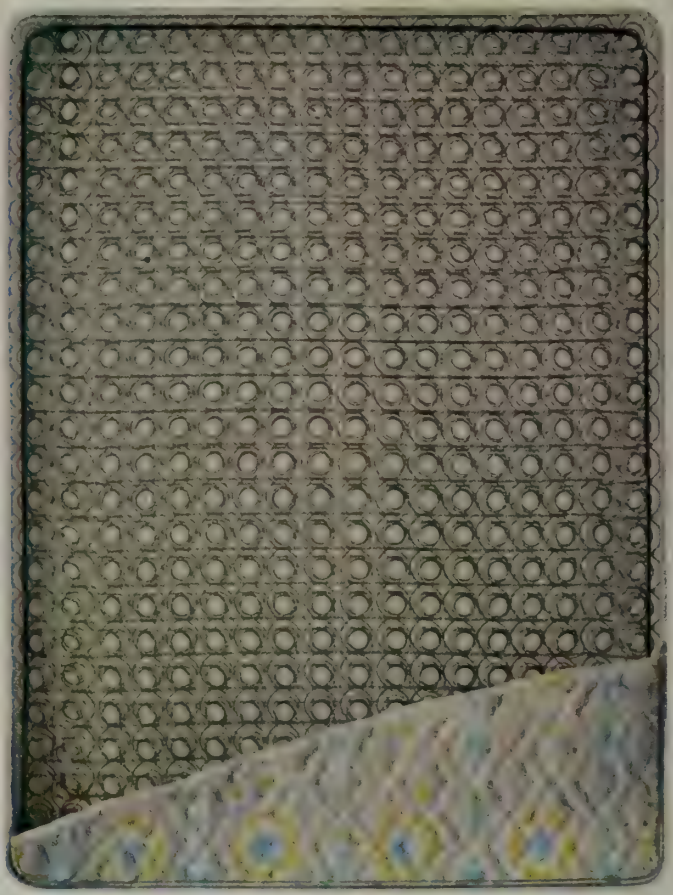
Skylight Patio Cover

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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

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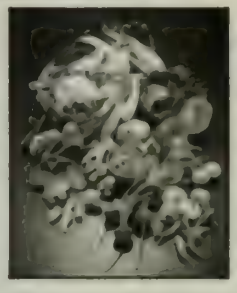
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Barbecue with Gulf Lite- the "one match" charcoal starter.

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from dripping through.

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Our special door-within
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the foods you use most
often without opening t
whole refrigerator.

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because of the way t
doors help hide finge
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The kind of quality, th
kind of convenience
that makes Whirlpoo
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Sensible Growth in HOUSING

Four Winners Show the Way

By Gordon G. Greer, Editor

Suppose you're in the business of putting up houses and you've been given a nearly perfect piece of land to develop. It's in Lincoln, Massachusetts, a small suburb of Boston that's the essence of all the good things you imagine about New England. Your 82 acres of rustic terrain are a blend of rolling woodland and a large, quiet pond. People have wanted to build in this vicinity for two centuries, but until now they have failed in their attempts to buy the land. One of the thwarted applicants was a young man named Henry David Thoreau who moved on two miles down the road to Walden Pond.

What plan would you propose for this idyllic retreat?

If you were to follow local zoning laws and public expectations, you'd cut up the land like a big pan of fudge and build one-family houses on two-acre lots. To the wild birds flying overhead, the scene might look like this:



Alas, you would be receiving no honors this month as one of the winners in our annual Sensible Growth Design and Planning competition. When these awards were conceived, it was the intent of the co-sponsors—*Better Homes and Gardens* and the National Association of Home Builders—to celebrate more imaginative concepts.

Consider, for example, what really happened in Lincoln. That's the actual site plan beneath the photos to the right.

To begin with, the houses are clustered, not scattered. They're contained on less than 20 acres, leaving more than 60 acres ecologically unscathed as perpetual conservation land. The woods and walking trails are for everyone's use. Roadways are narrow and winding—no through traffic—and buildings are "stepped" to fit the hilly terrain. The 58 homes come in six configurations, from a one-story two-bedroom unit in a fourplex to a freestanding three-bedroom house with attached garage. All of the homes are sold on a condominium basis, and they share an architectural style that's happily wedded to the setting.

In short, Lincoln Ridge is one of our Grand Award winners because it responds to the new realities of American housing with a concern for the environment, good taste, and intelligence.

So do our other three Grand Award winners—Old Town Lancaster, in Lancaster, Pennsylvania; Bayside Villa, in Perth Amboy, New Jersey; and Key Colony (Phase 1), in Key Biscayne, Florida—and the 15 projects cited at the end of this ar-

continued







LINCOLN RIDGE AT FARRAR POND
Lincoln, Massachusetts
Intelligent land planning, a glorious setting, handsome architecture, proximity to Boston—what family could ask for anything more?

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continued

Sensible Growth in Housing

ticle for Merit Awards or Special Mention. Together, they pose a challenge to the nation's homebuilders—and homeowners—because these projects embody new concepts that often defy accepted practice. For instance:

The cluster concept. Take another look at the Lincoln Ridge site plan and consider its two most obvious virtues. First, it's exceedingly cost-efficient. Had those houses been dispersed on separate cookie-cutter lots, the cost of developing the land would have soared and the extra expense of extending support systems—water lines, sewer lines, roadways, and so forth—would have raised the price of each home by thousands of dollars. And second, the natural splendor of the setting is preserved. Imagine these woods torn up for backyards. Doesn't shared access to open space make more sense?

Less concrete. While we Americans have long been reputed to be in love with our cars, we can hardly be anxious to preserve what cars have done to our residential streets. Many could easily pass for state highways: straight as an arrow, wide as a runway, visually depressing, noisy, and dangerous (because they impose so few restraints on fast driving).

Innovative builders are surmounting this problem with slower, curved roadways and cul-de-sac street plans. And by forgoing the traditional sea of concrete, these builders are also sparing homeowners a lot of needless expense. The wider the street, the more money it eats up—not only for construction and maintenance but also for unnecessarily complicated storm water management.

Compatible diversity. One of the main shortcomings of American housing is that so much of it is so blandly segregated—not only by race but by income, age, and life-style. One neighborhood attracts singles and young, childless couples; another is a magnet for rising executives with kids; still another caters primarily to empty-nesters and the elderly. What's sacrificed is the rich variety we're so proud of as a nation.

Three cheers for the innovators who are changing all that! Three cheers for Old Town Lancaster, for instance, to which a dynamic human mix has been successfully wooed with attractive housing across a wide range of prices—from $49,000 to $163,000. And three more cheers for the cohesive plan that unites these individually designed homes—no two alike—and nurtures a true community spirit.

Due respect for the past. The photographs and the "before" and "after" site plans on this page barely hint at what the developers of Old Town Lancaster have accomplished. Their project meets the highest standards of urban renewal. They acquired a blighted neighborhood of vacated eyesores, knocked a few walls down, tore up two streets, and then, with a flourish of boldly inventive sensitivity, restored and enhanced the old charm that remained.

The revived buildings date from a colonial stone stable to a stately array of Victorian row houses. All are now happy mergers of the old and the new. A modern skylight might illuminate an original stairway, for instance. A new kitchen might incorporate a centuries-old fireplace. Outside, along redirected streets paved with brick, old gaslights, now electrified, glow mellowly after dark.

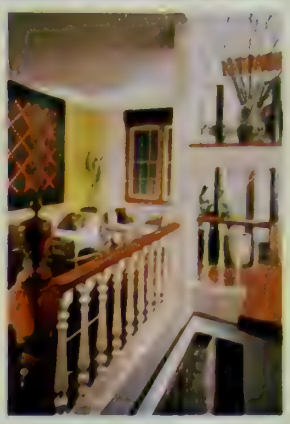
Builders should be forced to pay a visit to this project before pledging their allegiance to the standard approach—which is, reduce the site to rubble and erect something new.

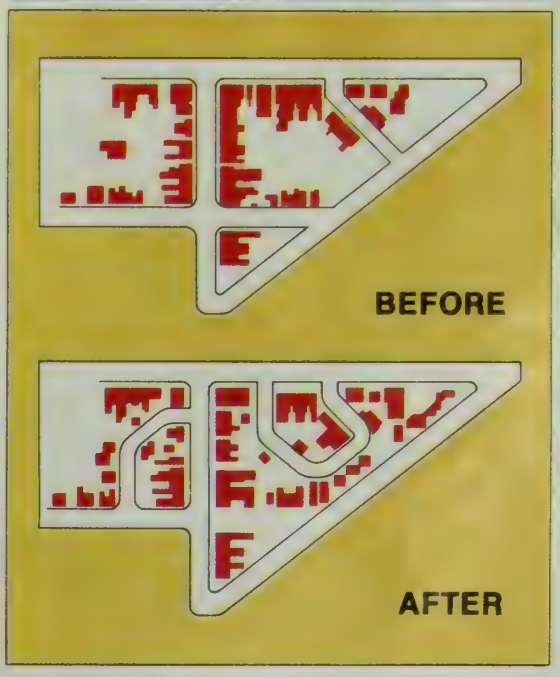
Faith in the cities. Although

continued









OLD TOWN LANCASTER
Lancaster, Pennsylvania
Once an embarrassment of vacated eyesores, this boldly revived neighborhood of lovely old homes is what urban renewal is all about.

Treat yourself like company.



Seagram's V.O.
The symbol of imported luxury. Bottled in Canada.
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continued

Sensible Growth in Housing

the lure of suburban living is still strong, and with reason, the case for building houses farther and farther from downtown gets weaker every day. With gasoline prices rising, with farm land shrinking, with property taxes meeting fierce public resistance, what's the logic of moving out to increasingly remote suburbs? Who will enjoy the longer commutes? And who wants to pay for extending to new suburbs civic services that are already in place downtown—hospitals, fire departments, police protection, schools?

Ah, but if you consider a return to the city, where can you find good middle-class housing?

Well, one obvious answer is Old Town Lancaster. Another is Bayside Villa, in Perth Amboy. Both are smack-dab in the center of town, and each has triggered a neighborhood revitalization. Bayside Villa deserves a special gold star because it was launched in the face of dire local predictions. The site had been an unused vacant lot for 14 years because no one else could imagine its successful development. How could you entice anyone to downtown Perth Amboy? By putting up something as attractive as Bayside Villa, that's how.

Something for everyone. It's significant that all four of our Grand Award winners are projects representing an unusual variety. The freestanding one-family homes at Lincoln Ridge have two-, three-, and four-family units as their neighbors. In Old Town Lancaster every home is unique. Bayside Villa has a clever basic plan—sort of an architectural equivalent of modular furniture—that accommodates whatever the buyer requests: a one-family unit on two or three floors, a combination unit with a separate apartment for renting, a home with extra space for a professional office, 32 possible choices in all. And the Key Colony project is really a whole community (1,172 condominiums when it's finished) with an array of posh amenities beyond most people's dreams—including a stunning beach and the Atlantic Ocean at the doorstep.

Key Colony wins the prize for thinking big—and for marketing savvy. Phase 1 (of four planned phases) sold out almost instantly, and jockeying is intense for good positions on the waiting list despite prices that go as high as $450,000.

Public understanding. From time immemorial, innovators have faced resistance. In housing it comes mostly from public officials—on planning commissions, city councils, zoning boards, and so forth—and from the community's homeowners whose interests they represent. Builders can swap true horror stories by the hour about the frustrations of getting new ideas a fair hearing.

When the opposite happens, someone's doing something right. When zoning changes were needed at Lincoln Ridge, for example, the vote at the town meeting was more than 90 percent yes. And when approval for Old Town Lancaster was sought at a public forum, not a single hand was raised in opposition to the project.

A great deal of credit is due the developers, of course. They had good plans, good taste, good technical know-how, and the good sense to respect the concerns of the community and to keep everyone informed about their objectives. But the communities themselves deserve a pat on the back, too, for the unusual open-mindedness with which they greeted change.

How would your community have received these projects? Would your neighbors stand still for cluster planning? Would they calmly weigh the merits of

continued







BAYSIDE VILLA
Perth Amboy, New Jersey
Drawing middle-income families back to town





KEY COLONY (PHASE 1)
Key Biscayne, Florida
A whole new community basking in the sun

STANLEY PRESENTS FURNITURE FOR MRS. PAT MINNICK.

Ft. Lauderdale, Florida



I'm a romantic, but I'm practical. So I chose Stanley. I'd heard that one of their specialties is dining furniture for today's smaller homes. But I still marvel at the classic elegance of Tuscan Villa in such a compact scale. With the sweep of mirror in back of the pier cabinets and console, plus the light bridge, I really get a feeling of roominess. And notice the pier cabinet grillwork. Exquisite! I never thought I could have so much space for storage, serving, and showing off my pretty things. Those adjustable glass shelves give me the flexibility I need. Tuscan Villa impressed me right away. It's a lot of furniture, but it still leaves me lots of room. The real decision was between Stanley's rich pecan finish and this refreshing paint rendition. Friends say I was right to choose traditional. I know I was right to choose Stanley.

Stanley Furniture

Manufacturer's suggested retail price for the table is under $750. For a brochure on small-scale dining rooms, send a dollar to Stanley Furniture, Dept. AHO, Stanleytown, Va. 24168.

continued

Sensible growth awards

narrower streets? And how about you? Would you welcome these changes?

Here's a complete list of this year's award winners in our Sensible Growth Design and Planning competition. If you have a chance to visit one or more of them, do so. You'll get a look at ideas whose time is coming.

Category 1
(Fewer than 25 dwelling units)

Merit Award
QUAIL COVE
Stockton, California
Developer: Patmon Company, Inc.
Architect/Planner: Donald Sandy Jr AIA
James A Babcock

Category 2
(25 to 100 units)

Grand Award
LINCOLN RIDGE AT FARRAR POND
Lincoln, Massachusetts
Developer: Spaulding and Slye Corporation
Architect/Planner: Sasaki Associates

Merit Award
CRYSTAL COVE CONDOMINIUMS
Vermilion, Ohio
Developer: Kopf Construction Corporation
Designer: W. Trout Architects, Inc.

Special Mentions
MARINER'S VILLAGE
Stockton, California
Developer: Grupe Development Company
Architect/Planner: Donald Sandy Jr AIA
James A Babcock

SEA BLUFF CANYON TOWNHOMES
Costa Mesa, California
Developer: The Gregory Company, Inc.
Planner/Designer: Harrison/ Lorenzini, Architects

Category 3
(100 to 300 units)

Merit Award
LAKEWOOD SHORES
Lakewood, California
Developer: C. Robert Langslet & Son, Inc.
Planner/Designer: Lifescapes, Inc. and Carl McLarand & Associates

Category 4
(300 to 1,000 units)

Merit Awards
BRANDYWINE
DeLand, Florida
Developer: First of DeLand Corporation
Planner: Berkus Corporation

JASMINE CREEK
Corona del Mar, California
Developer: M. J. Brock & Sons
Planner/Designer: Richard, Nagy, Martin

Category 5
(More than 1,000 units)

Grand Award
KEY COLONY
(PHASE 1)
Key Biscayne, Florida
Developer: Fininvest, Limited
Architect/Planner: Donald Sandy Jr AIA
James A Babcock
Builder: Robert L. Turchin, Inc.

continued



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continued

Sensible growth awards

Merit Award
VILLAGE OF SANTIAGO HILLS—Irvine, California
Developer: Ponderosa Homes
Planner: The Planning Center

Category 6
(Special Projects)

Grand Awards
OLD TOWN LANCASTER—Lancaster, Pennsylvania
Developer: Old Town Lancaster, Inc.
Architect: deVitry, Gilbert and Bradley
Designer: DePaul Design, Inc.
BAYSIDE VILLA—Perth Amboy, New Jersey
Developer: Rosengarten Enterprises, Inc.
Architect/Planner: Chester & Van Dalen Associates

Merit Awards
THE COTTON EXCHANGE—Wilmington, North Carolina
Developer: Harbour Associates Realtors
Designer: Reg Narmour of The Architectural Group
ISLAND CLUB—Orlando, Florida
Developer: Elmhurst, Inc.
Planner/Designer: Donald Frederick Evans Associates

Category 7
(Commercial and Industrial Projects)

Special Mentions
THE OMAHA BUILDING—Omaha, Nebraska
Developer: Omaha Building Investment Company
Planner/Designer: Kaplan/McLaughlin/Diaz
FIRELIGHT INN RESTAURANT
Harrisburg, North Carolina
Developer: W. H. Williams. Designer: W. Neill Fortune
Planner: Reg Narmour of The Architectural Group

Category 8
("On-the-Board" Projects)

Merit Awards
SAN RAFAEL COMMONS—San Rafael, California
Developer: Pacific Union Development Company and the Ecumenical Association for Housing
Planner: Kaplan/McLaughlin/Diaz
WOOD RANCH—Simi Valley, California
Developer: Nu-West Development
Planner: The Planning Center
TERRA VISTA—Rancho Cucamonga, California
Developer: Lewis Homes. Planner: The Planning Center

Attention builders!

Judging for the 1980-81 Sensible Growth Design and Planning Awards will be held this fall. Entries should be mailed by September 15. The competition is open to all builders, developers, architects, planners, and students throughout the United States and Puerto Rico, and we cordially invite them to participate. For an application for entry, write to the Sensible Growth Awards Coordinator, National Association of Home Builders, 15th and M Streets, N.W., Washington, DC 20005.

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Margaret McMahon

idea NOTEBOOK

Country scene setters

Country modern is a warm and casual decorating style that has universal appeal. Exemplifying the style at its best is New Country Gear, a coordinated collection of accessories for the home. The group includes fabrics by Riverdale, sheets by Springs Mills, wall coverings by Imperial, shower curtains and towels by Jackson, and linens by Leacock. The New Country Gear look is American country with a sophisticated flair. Colors are soft and chalky, patterns are generally small-scale but not cute, and the total effect is at once traditional and contemporary. Country furnishings can be used together to create a total environment, or just a few accessories can be mixed with more formal traditional or very modern furniture as a softening touch. For a list of manufacturers using Gear designs and a list of stores carrying the products, write New Country Gear, Dept. J.G., 9 West 29th Street, New York, NY 10001.





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Kim Garretson

Is Gasohol The Way To Go?

More and more service stations are offering motorists another fuel option—the 90/10-percent blend of gasoline and alcohol called gasohol. Though many people tout gasohol as a good, homegrown way to reduce our crippling dependence on foreign oil, others question the real energy efficiency of the new fuel.

Whatever your stand on that global issue, you should carefully weigh gasohol's possible effect on your car and budget. Here are the pertinent facts.



What is gasohol?

There's no doubt that a combination of gasoline and alcohol works as a fuel. The mixture has been powering engines for over a century. The first modern internal-combustion engine, back in in 1876, was designed to work on both fuels. And the Model T could run on a mix of gasoline and alcohol. But use of the mix was never promoted; after all, petroleum then was abundant and cheap.

Today, the renewable energy source from which most alcohol for gasohol is made is corn. Alcohol plants convert the starch in corn to sugar, then ferment and distill it into 200-proof alcohol (technically ethanol). Alcohol also can be made from other crops containing starch or sugar—sugarcane, sugar beets, even fruits.

To make gasohol, unleaded gasoline and ethanol are mixed on a nine-to-one ratio, either at the wholesale storage centers where gasoline is piped in, in fuel-hauling trucks, or right at the service station in storage tanks.

Will you get better fuel economy?

That's probably your first question when you're trying to decide whether to use gasohol or not. Unfortunately, the answer is a vague "maybe," because the mileage your car will get on gasohol largely depends on the engine.

It's important to understand the nature of gasohol: Because ethanol contains oxygen, gasohol has a lower energy content than gasoline. When calculated in the universal measurement of energy, British thermal units (BTUs), the ethanol in gasohol brings the fuel's BTUs down three percent. Gasohol should, then, reduce mileage.

But gasohol can improve the combustion of fuel in some cars, offsetting the lower energy content a bit. How the carburetor mixes fuel and air is the key. Joseph Colucci, head of the Fuels and Lubricants Department at General Motors Research Laboratories, says that cars built before 1973 might get slightly better mileage because gasohol makes the engine run leaner. Cars built since 1973, he says, might get slightly worse mileage because their engines are already tuned for optimum leanness. And some cars won't show any mileage change because of minor variances in carburetor tuning occurring on the assembly line.

That doesn't mean you should rule out gasohol if you own a post-1973 car, however. The Department of Energy (DOE) estimates that using gasohol probably won't alter fuel consumption more than 2 percent either way. The Motor Vehicle Manufacturers of the United States also uses the 2-percent estimate.

With a 20-mpg car, you'd stand to lose or gain only 4/10 of a mile per gallon if gasohol made a 2-percent change in your mileage. Thus you would use or save an extra gallon of fuel for every 50 gallons that you buy.

continued



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continued

Gasohol

Weather, traffic, and driving habits can have an equal or greater impact on mileage.

The bottom line: The only way to know how gasohol will affect your car's mileage is to test a few tankfuls and compare the mileage to your normal gasoline mileage. Before calculating mileage, run the car on two tankfuls of gasohol to accustom the engine to the fuel. Then use at least two more tankfuls to calculate your mileage.

What can gasohol do for your car?

Gasohol has some characteristics that can positively affect your car's performance:

- **It's an octane booster.** Alcohol ups the octane of the gas it's mixed with by two to four points, making it a premium fuel. The higher octane should help prevent dieseling (sputtering after you turn off the ignition) and decrease or silence knocking.
- **It's a solvent.** When gasohol travels through your car's system, the alcohol dislodges gummy deposits and sediment. This can clean out the fuel system and engine. But there may be a short-term problem: The sediment could clog your fuel filter and cause the engine to stall or die—usually within the first two tankfuls. In a 90-day study, the Iowa Development Commission found that one in 20 gasoline filters had to be replaced after a tankful or two of gasohol; then the problem usually disappeared.
- **It's an antifreeze.** Cold weather start-ups should be faster and you should have no problem with gas line freezing.

Can gasohol pose problems?

In rare cases, gasohol can affect performance negatively:

- **Water in the fuel.** If water gets into gasohol, the ingredients can separate, resulting in operational problems—the car probably won't start, and if it does, it will run roughly. Water could accidentally get in at two points: (1) in leaking storage tanks, (2) in the car's gas tank due to condensation.
- **Vapor lock.** High temperatures and/or altitudes can evaporate fuel in the engine, trapping vapors in the gas line. The car won't start until the vapor has cooled and liquefied again. Vapor lock can happen with gasoline, too. But the problem is more common with gasohol because it evaporates more readily.
- **Long-range engine damage.** Some engineers say an engine run strictly on gasohol may eventually suffer damage due to the corrosiveness of alcohol. The alcohol could damage rubber or rubberlike parts, such as seals, and break down some adhesives. The National Gasohol Commission counters that its test on a state vehicle fleet revealed no unusual wear to rubber parts. To be on the safe side, have your mechanic check rubber parts and seals for damage after you have used gasohol regularly for several months.

A minor problem: Some replacement (not original) fuel filters may have plastic parts or adhesives that won't stand up to alcohol. Only a few of the filters on the market are susceptible, and some of these carry warnings

about gasohol on their packages. Ask your parts seller about the ones to buy.

You needn't worry about warranty violations. Chrysler, General Motors, American Motors, Ford, and Volkswagen each have said that there is no warranty violation if you use the 90/10 mix of gasohol. Although foreign manufacturers haven't made formal announcements, the consensus is that gasohol doesn't violate warranties, according to the Automobile Importers of America.

What about the price?

It varies. Generally, gasohol is two to six cents higher than unleaded gas. However, you might find gasohol at the same price or even a cent less than gasoline.

At wholesale, pure ethanol sells for just over double the price of pure unleaded gas, so gasohol should cost about 11 cents a gallon more than gasoline. But a four-cent-per-gallon federal excise tax exemption has made gasohol more competitive. This exemption will continue through 1992.

The price range happens because:

- Some states have either exempted or reduced their motor fuel taxes on gasohol. Those with exemptions include Arkansas, Indiana, Louisiana, Iowa, and Oklahoma; those with reductions, Colorado, Connecticut, Kansas, Maryland, Montana, Nebraska, New Hampshire, North Dakota, and Wyoming. Legislators in 11 other states are working on exemptions or reductions. All of these measures are expected to be short-term and will probably be repealed when the decreased tax revenues begin posing a hardship on state road-maintenance funds.
- Transportation costs of ethanol affect prices. Until plants are spread more evenly around the country, these variations will continue.

Some gasohol boosters believe that as crude oil prices continue to rise, the margin between gasoline and gasohol will narrow because of more competition and better technology in ethanol production. Other groups think the gap will stay relatively the same since energy, including petroleum, is required to produce ethanol (more on this later).

Does gasohol change the energy picture?

You don't necessarily save a gallon of gasoline every time you use ten gallons of gasohol containing one gallon of alcohol. The reason you don't is that it takes petroleum to produce alcohol, especially that used by farmers at every stage—field preparation (including petroleum-derived fertilizers), harvesting, and transportation. Most ethanol plants, built when energy was cheap, run either on heating oil, natural gas, or both. In essence, high-grade, low-supply fuels are being used to produce a gasoline extender.

Most experts agree that, as far as today's methods of making ethanol go, gasohol isn't very energy-efficient. But the nation's largest ethanol producer, Archer-Daniels-Midland (an Illinois corn processor) claims a 5-percent energy increase (and the DOE backs them up). On the negative side, there are studies, such as one from Amoco Oil, which say that 2.2 times as much energy goes into ethanol production as

continued



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Louisiana, Texas, and Washington.

The Department of Energy estimated last year that ethanol production could rise to 500 to 600 million gallons a year by 1985. President Carter is pressing to reach that point sooner. To get a perspective on these numbers, compare them to our annual gasoline consumption of 108 billion gallons (expected to drop to 101.5 billion in 1980, according to the DOE).

Those favoring gasohol are not daunted by today's low output. While alcohol extends only small amounts of crude oil now, advocates expect the amounts to be much larger in the future. A few predictions:

- The production of lower octane gasoline and the use of alcohol as an octane-enhancer can cut oil-refining energy costs.
- Lower proofs of alcohol could be used, thus cutting distillery costs, if a way can be found to keep the water (in the alcohol) from separating from the fuel mix.
- The country could be spotted with small ethanol plants, each utilizing regional resources. Georgia Pacific in Washington already uses wood products left over after pulping. The new plants will be using sweet sorghum, molasses, sugarcane, milo, cheese whey, rejected potatoes, and fruit wastes as well as corn. Other projections include using municipal solid waste.
- A cheaper alcohol, methanol, could be used if current production problems can be solved and cars modified to accept the methanol.
- Agricultural energy costs could be cut if farming cooperatives and individual farmers make their own ethanol. This is happening on a small scale already.

Detractors see the impact of gasohol as so slight that increased production is simply not worth the trouble. They say federal grants and loans currently going to gasohol producers should go to research and production of other alternative fuels and energy sources.

If you're unsure about gasohol because of the continuing debate, you may want to wait until more widespread usage provides some answers. BH&G

—Emily Freeman

continued

Gasohol

is gained from the alcohol produced.

But the real test of alcohol's ability to extend energy supplies comes in the energy-efficient design of future ethanol plants. One company, Alcohols, Inc., which will open a 50-million-gallon-a-year ethanol plant in 1981, plans to operate on steam purchased from an adjacent coal-fueled electrical power plant. The alcohol plant will sell back to the power plant excess energy generated through turbine power in its ethanol production. According to Dr. J. Gordon Davoud, president of the company designing the facility, the alcohol it produces should generate 45 percent more energy than all that used to produce the alcohol.

Archer-Daniels-Midland also plans to build a plant using this co-generation principle. And an existing Philadelphia plant is converting the part of its facility used to produce ethanol from electrical power to coal.

What's down the road?

Alcohol production for gasohol last year was 85.2 million gallons from five major plants, according to the National Gasohol Commission. At least 14 plants are on the drawing board or under construction. Their total impact won't be felt till 1983, since it will take from one to three years to build the plants. Five plants will be in the Midwest, but plant sites also are located in Arkansas, California, Georgia, Idaho,



- A recently discovered bacterium may replace yeast in the process of turning organic matter into alcohol. *Automotive News* magazine reports that a University of Georgia scientist found the bacterium, known as JW200, growing in mud on the bank of a hot spring in Yellowstone National Park. Another Georgia scientist told the magazine that JW200 can digest organic matter up to 15 times faster, yield more alcohol, and use more of the organic matter than yeast can.
- Higher percentages of alcohol could be used with gasoline if changes in cars were made. Brazil is now testing out this theory with the help of American auto makers.



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per cigarette, FTC Report Dec.'79.

KEEPSAKE SAMPLERS TO CROSS-STITCH

By Deborah Dugan and Ann Levine

What better way to express your friendship than by cross-stitching a special thought into a one-of-a-kind sampler? Although the idea is centuries old, we've used new-style yarns and fabrics to create fresh designs for contemporary tastes. The stunning area rug shown here features a traditional design to cross-stitch on seven-count quickpoint canvas. And the quotation pillows show off some of our favorite sayings. For a closer look, please turn the page. **All how-to begins on page 140.**



Photographs [illegible] Hopkins
Rug design [illegible]


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FABRIC OF THEIR
FRIENDSHIP
A TRUE FRIEND
IS THE RAREST
OF
ALL
BLESSINGS
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KEEPSAKE SAMPLERS



QUOTATION PILLOWS

To create the pillows *above*, simply repeat the cross-stitches throughout the design, using embroidery floss and pearl cotton on even-weave fabrics. Pay close attention to the size and placement of each stitch so the overall pattern is accurately spaced. To finish the pillows, add lace trim and delicate floral fabrics. We predict you'll want to stitch up these pillows for yourself as well as your friends. (A word to the wise: these designs make lovely wall hangings as well as pillows.)

How-to begins on page 140.

To order quotation kits, see page 74.

A TRADITIONAL CROSS-STITCH DESIGN

Capture the essence of traditional cross-stitch samplers with delightful letters and motifs like the ones shown *opposite*. One simple stitch worked in five different colors yields this charming Tree of Life design. Each design element is repeated to make a symmetrical pattern. For a personal touch, embroider your name or initials and the date along the bottom of the design. When finished and framed, the 12x15-inch design makes a perfect wall hanging.

For how-to, see page 140.

To order sampler kit, see page 74.

Design: Laura Holtorf





A KITCHEN THAT HAS IT ALL

space
convenience
storage



By Joan McCloskey

Michael and Gloria Plautz are no-nonsense cooks who believe that a kitchen ought to work just as good as it looks. Theirs is a thoroughly functional kitchen with easy-to-clean surfaces, efficient appliances, and accessible storage for the accouterments of their cooking hobby. Their successful redo might nudge you to make your own kitchen measure up to your needs.



The Plautz kitchen is a real workshop where every cooking need has been anticipated, every inch of space made functional, and everything arranged for the convenience of the two cooks.

But Michael and Gloria can clearly remember what the room used to be like. The house is 66 years old, and the kitchen looked every day of its age. It was "dingy as a basement fruit cellar, had no real working triangle, and hardly any storage," says Gloria. The traffic flow was a problem too, because of the doorways leading into the kitchen. Mike and Gloria tackled that problem by closing off one door. To brighten up that "fruit cellar" atmosphere, they added a bay window to the back wall. During the winter, Gloria brings her herbs indoors so she can snip fresh tarragon or chives into a salad.

Gather-round cooktop

Since Mike and Gloria like to cook together, they located the gas cooktop at the end of the peninsula where the burners are accessible to both of them. Mike is the sauce specialist; Gloria is the baker; daughter Andrea concentrates on cookies. "We have frequent houseguests who all love to help put dinner together," says Gloria.

Easy-to-clean surfaces

Mike, an architect by profession, wanted a kitchen that looked functional, not fussy. He preferred inconspicuous appliances—ones that would just melt into the background. To emphasize the clean lines of the kitchen, he and Gloria chose a plain stainless-steel-fronted dishwasher, simple white cooktop, plain white refrigerator, and plain white porcelain sink. Quarry tile was chosen for the peninsula surface so hot pots and pans could be set down without worry about burning the counter. For the rest of the kitchen surfaces, the couple chose plastic laminate because it's easy to wipe clean and provides a good surface for kneading bread dough. Hardwood flooring, now newly sanded, stained, and sealed, covers all the floors in the house. Gloria says they're a breeze to sweep clean.

Budget-cutting tips

Mike and Gloria managed to keep costs down by doing much of the work themselves. One of the real money gobblers in a kitchen remodeling is cabinetry. But these sleek birch cupboards, painted white, were a bargain because they were constructed by Mike's brother,

continued



Buying information, see page 148

continued

A KITCHEN THAT HAS IT ALL

Patrick. The cupboards feature giant drawers below the counter. "They can be activated by toes if your hands are wet!" says Gloria. The drawers behind the peninsula were designed to hold canned goods one layer deep.

Evidence of an honest-to-goodness working kitchen is everywhere in the Plautz remodeling. Note the open shelving for jugs of flour and sugar, deep shelves for chunky Dutch ovens and casseroles, and ample counter space for spreading out ingredients.

Mike found it was impossible to create an eating space in the kitchen without causing a traffic nightmare. There's space for a solitary breakfast at the counter by the telephone, but the family dining room is the preferred spot when the whole family gets together. "Since the dining room is so close to the kitchen, it seemed a pity to use the room only for those rare formal dinner parties," Gloria explained. To tie the two rooms together, Mike created this dramatic pass-

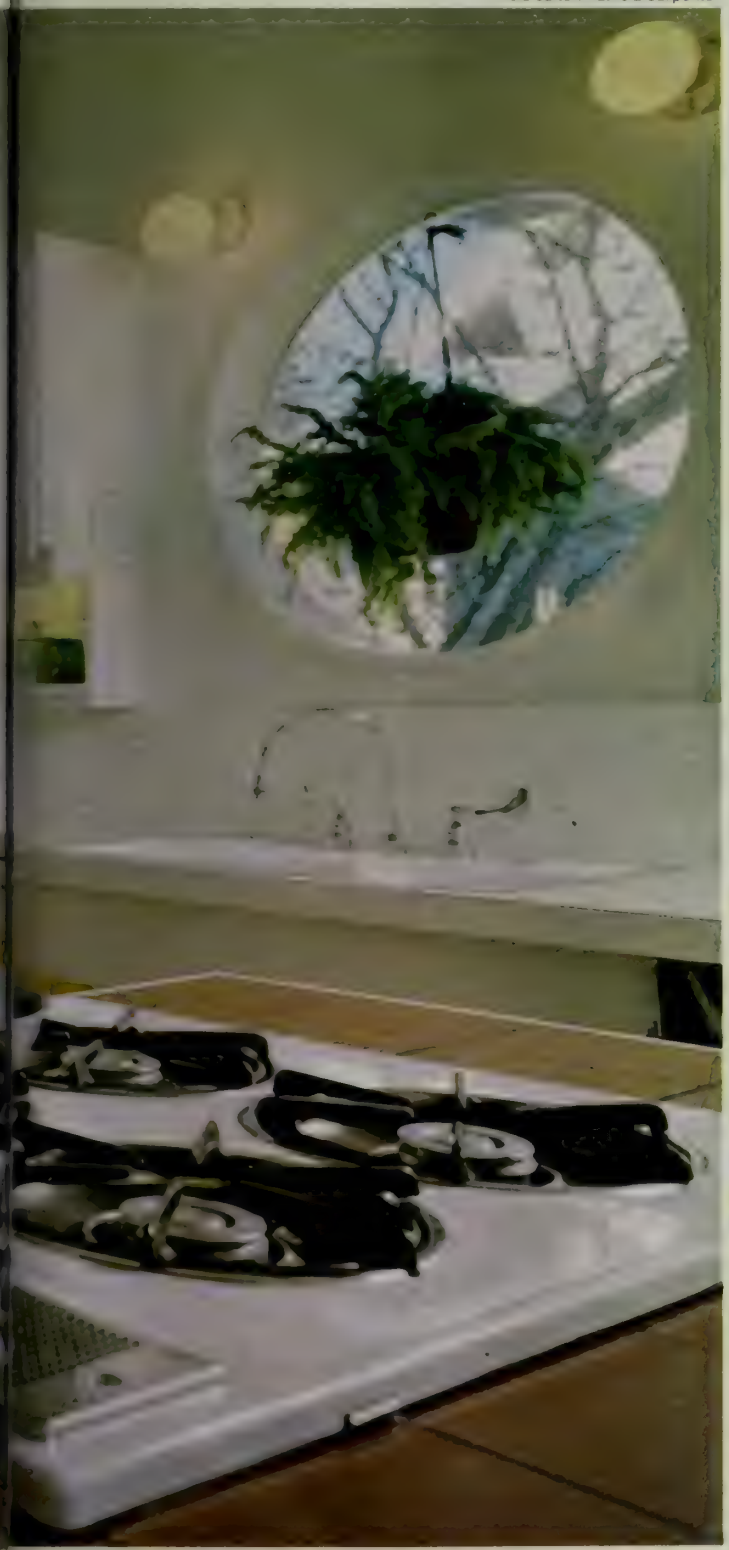
Photographs: William N. Hopkins

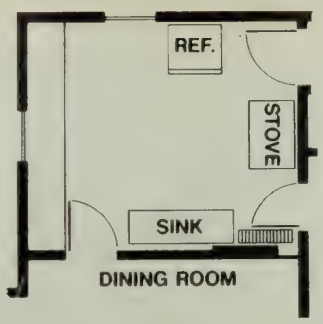


through. He created the circular form because the couple wanted an eye-level instead of a below-counter oven. To make an inside wall space accommodate the oven, it was necessary to borrow a few inches from the dining room wall. The circle form between the kitchen and dining room not only gave the pass-through pizzazz, it also camouflaged the borrowed inches in the dining room and unified the opening.

Mike fabricated the circular form from four layers of ⅛-inch-thick tempered hardboard that are laminated together. White plastic laminate covers the outer edges of the form and also shapes the circle of the window over the kitchen sink.

Field editor: Patricia Carpenter





BEFORE

Closing off the doorway next to the stove in the "before" plan and adding the peninsula made the working core much more compact and functional.



Architect: Michael J. Plautz



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Gardener's log

"Consider the lilies of the field, how they grow; they toil not, neither do they spin. Even Solomon in all his glory was not arrayed like one of these."
—Matthew, VI, 28-29

Start harvesting late-season crops from your vegetable or fruit garden this month. It's also a good opportunity to arrange next year's flower beds to suit your fancy, and plant bulbs and perennials that will bloom in 1981.

Find room for madonna lilies

August is the time to plant madonna lilies *(Lilium candidum)*. These old-fashioned favorites have been around for centuries. In June, the three- to four-foot-tall stalk often bears over a dozen trumpet-shaped, pure white flowers.

Select a rich, moist, well-drained site and cover the bulbs with an inch of soil. Water well to ensure a good growth of foliage before the onset of winter.



Madonna lilies

Tend to vacationing houseplants

Don't neglect houseplants you're summering outdoors. Soil in clay pots dries out quickly, so water regularly. If the pots are sunk in the ground, the soil will not dry out as fast. However, you should turn the pots several times a month so roots will not grow through the drainage holes and into the ground outside the pots. Mist foliage daily during hot weather to clean and cool off the plants.

Prevent blossom-end rot

If your vegetable garden is subjected to a long dry spell without irrigation, your tomatoes, squash, and peppers may develop rot on the blossom end. Calcium deficiency is the problem. While normal soil contains calcium, the plant must have moisture to utilize the calcium. Calcium keeps the cell walls rigid; without it, the cell tissue softens. You can prevent the problem by mulching deeply and by watering adequately during dry spells.

Stop rust from forming

After you use hand tools, wipe them off with an oiled cloth to keep the blades clean and rust-free. This treatment will also prevent layers of soil from accumulating on the edges of trowels, hoes, and other cultivators.

Discourage insects

Different insects are attracted to various sections of the color spectrum. Switch from regular white light bulbs to yellow incandescent bulbs in your outdoor fixtures, and your patio or deck won't be as attractive to pesky insects.

Enjoy new potatoes

When your potato vines turn brown and dry up, you can harvest your underground crop. Dig deep to be sure you find the whole crop.

Put in your last planting of lettuce, spinach, Swiss chard, beans, and brussels sprouts.

Start drying flowers

August is a good time to begin drying flowers, ferns, seedpods, and ornamental grasses for use later in indoor arrangements. Gather the flowers at midday when the humidity is lowest. Pick some buds as well as flowers almost at peak bloom. Avoid fully opened blooms as they do not hold up well when dried.

Strip the leaves from the flower stems, tie the stems in small bunches, and hang them upside down on hooks or a clothesline in a dark, dry place, preferably with some circulation of air. Flowers will be dry in three weeks.

Good choices for drying include acroclinium, ammobium, artemisia, baby's-breath, bells of Ireland, celosia (cockscomb), Chinese lanterns, delphinium, globe amaranth, globe thistle, heather, helipterum, hydrangea, larkspur, lunaria (honesty or silver dollar plant), blue salvia, annual statice, wood rose, and yarrow. Strawflowers should be snapped off their stems and wired when the buds are half open.

Root cuttings from annuals

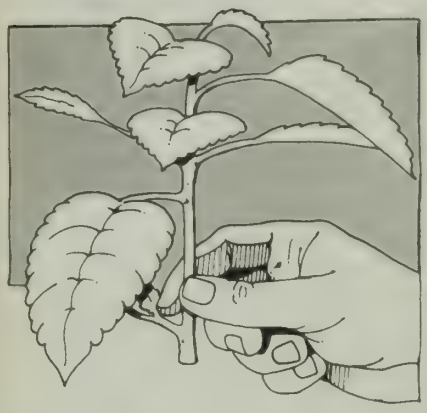
If you want to prolong the life of your bedding plants and boost your houseplant collection in the bargain, take some cuttings now. Coleus, impatiens, and geraniums are the easiest plants to grow from cuttings. Follow these simple steps:

continued

Illustration: Steven Schindler

continued

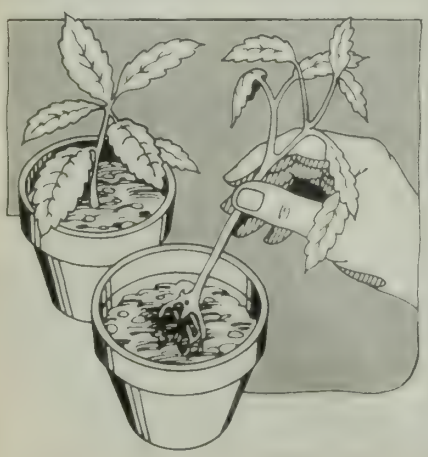
Gardener's log



1. Take strong, healthy cuttings and remove bottom leaves *(above)*. Then, insert cuttings in a pot of moistened vermiculite *(below)*. Place the cuttings in indirect light, and with luck they'll root in a few weeks.



2. When the cuttings have rooted, transfer them to individual two- or three-inch pots. Use a regular houseplant potting soil, and water well.



IN THE SOUTH

Disbud chrysanthemums

Both the large football and spider mums will have larger than normal flowers if they are disbudded. Leave only three buds to a stem on the spider types and only one terminal bud on the large football types. Pinch or rub off all the side buds you don't want.

Harvest onion crops

Dig onions that have matured from the spring planting and let them cure in the sun for several days. Then cut the yellowed foliage one inch from the top of the bulb and hang the bulbs loosely in net bags. The storage area should be cool and dark at all times. Garlic can be harvested in the same manner.

IN THE WEST

Start pansies

Plant the seeds in flats filled with a good soil mix. Sow the seed in rows spaced three inches apart, with about eight seeds per inch. Cover the seed with one-eighth inch of coarse sand, and moisten frequently with a mister. When the plants have formed two sets of leaves, transplant them to a larger flat. In October the plants can be moved into the garden.

Maintain your lawn

Lawns need special care during hot weather. Set your mower blade to cut the grass 1½ to 2 inches tall. Short cropping (except for creeping grasses) exposes the crowns, which causes the grass to wilt and turn brown.

Notes on My Garden

First Week, August 1-9

Second Week, August 10-16

Third Week, August 17-23

Fourth Week, August 24-31

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Second Prizes: 75 "Sacs Bagages" 5 piece luggage sets



Third Prizes: 325 Chicago Sports "Roadster II" Roller Skates

Official Rules—No Purchase Necessary

1. You are automatically entered in the sweepstakes by filling out and redeeming the store coupon by October 31, 1980. **2.** If you do not wish to redeem the coupon, but do want to enter the sweepstakes, you may use an entry form available at store displays, or hand-print your name, address, zip code, and choice of Red or Green Sweepstakes, along with the words "LISTERMINT SUIT YOUR OWN TASTE SWEEPSTAKES—GREEN" or "LISTERMINT CINNAMON SUIT YOUR OWN TASTE SWEEPSTAKES—RED" on a plain 3" x 5" piece of paper and mail it to LISTERMINT, PO. Box 2704, Westbury, N.Y. 11591. Enter as often as you wish, but each entry should be mailed separately and must be received by October 31, 1980. **3.** Winners will be determined in a random drawing from among all mail in entries received and coupons received and processed by the coupon clearing house prior to the end of the sweepstakes. Judging will be conducted by National Judging Institute, Inc., an independent judging organization whose decisions are final on all matters relating to this sweepstakes. Judging will take place by March 15, 1981. Odds of winning are dependent on number of entries received. Only one prize to an individual or household. All prizes are non-transferable and not redeemable for cash. In the event a motor vehicle is won by a minor, it will be awarded in the name of a parent or guardian. The colors of the prizes offered are for representation purposes only. Winners will be given a choice of the color offered or any standard color available from the manufacturer. The automobiles pictured are 1980 models; 1981 models will be awarded. For a list of major prize winners, send a stamped, self-addressed envelope to: LISTERMINT SWEEPSTAKES WINNERS, PO. BOX 2778, Westbury, N.Y. 11591. **4.** Sweepstakes open to all U.S. residents except employees and their families of WARNER-LAMBERT COMPANY, its subsidiaries, affiliates, advertising agencies and Don Jagoda Associates, Inc. Void in Missouri, Maryland, and wherever else prohibited or restricted and subject to all Federal, State, and local laws. Taxes on prizes, if any, are the responsibility of the individual winners. Winners may be required to execute an affidavit of eligibility and release.

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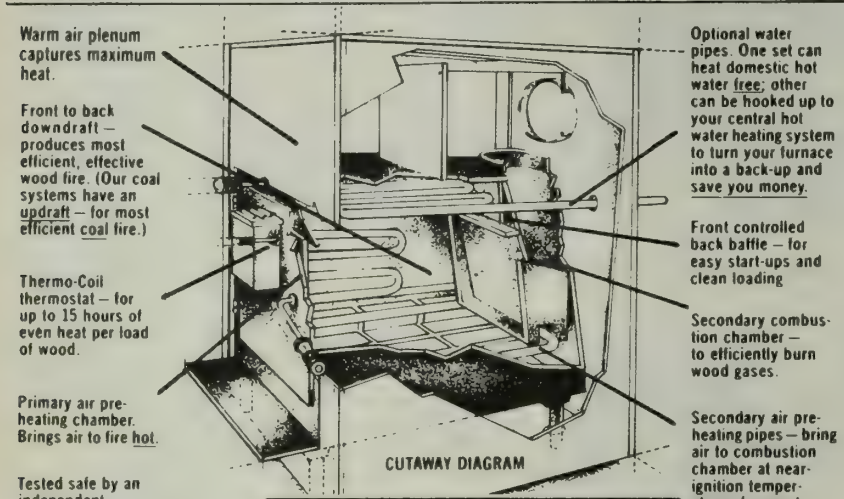
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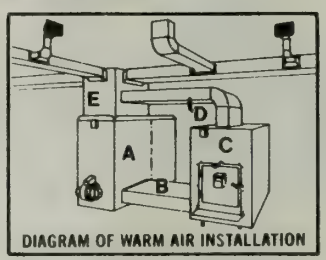


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pages next March. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Pastry Desserts

Your pastry-based dessert can utilize scratch or purchased piecrust, puff pastry dough, phyllo or strudel dough, cream puff dough, or refrigerated roll dough. Is yours a quick idea for a fruit strudel? Hints: **caramel-custard-filled phyllo, frozen yogurt torte, sweet almond triangles.**

Ham Entrées

Your ham main dish might call for whole or sliced ham, canned ham, or pressed, boiled, or ground ham. Do you stretch cooked ham with an all-purpose vegetable sauce to serve on pasta or rice? Maybe you've created a shortcut version of a classic recipe. Hints: **ham salad pitas, ham-stuffed zucchini, split pea ham bake.**

THIS MONTH'S WINNERS

(See recipes on pages 109 and 110.)

Cooks-of-the-Month

Mrs. Linda Allison, Manassas, Va.
Cheryl Hiltebeitel, Richmond, Va.

Runners-up

Hilda Bals, Sunnyvale, Calif.
Terri Kelley, Lake Ozark, Mo.
Mrs. Marjorie Lindsay, Bonaparte, Ia.
Judie Pope, Sandy, Utah

Honor Roll

Judy Elliot, Constantine, Mich.
Martha Hardy, Park Ridge, Ill.
Kathy B. Harris, Pride, La.
Carol L. Haseley, Iowa City, Ia.
Virginia Jones, Atchison, Kans.
Doris K. Kozoyed, Lyons, Ill.
Mrs. Nelson A. Miles, Syracuse, Ind.
Mrs. George Rule, Orlando, Fla.
Mrs. William Strieber, Crofton, Md.
"Be" Wilder, San Mateo, Calif.

FOOD

Pastry Desserts

Ham Entrées



Would you like to share your recipe for a top-notch dessert that's based on pastry? Do you have a delicious main dish specialty that features versatile ham? Send us your recipes —you could be a winner next March. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes

CONTEST RULES

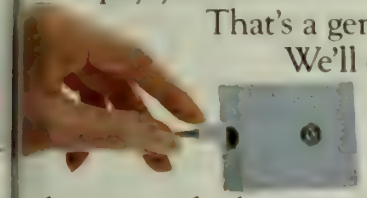
1. **Write your name, address, and recipe clearly. Mark it "March Pastry Desserts" or "March Ham Entrées."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, August 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8008 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**

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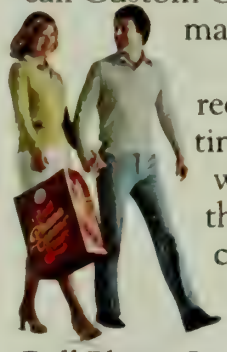


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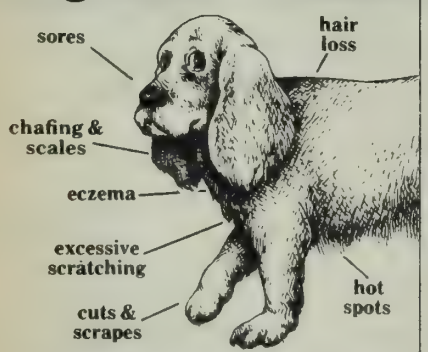
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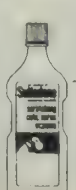
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PETS

Pet Potpourri



Jogging with your dog

Exercising Fido while you jog is a great idea. Here are some tips to remember, especially when jogging with your dog during hot weather.

Starting out—Get your veterinarian's OK before your dog starts accompanying you, and then don't overdo it, especially with a puppy. Increase distances gradually. Jog on soft, level ground till your dog's foot pads toughen up. Always keep your dog leashed when running.

Timing—Since dogs overheat easier than most people, jog only during the cool early morning and evening. Be especially watchful of dark-coated dogs (their coats absorb heat) and pink-skinned canines with white coats (they get sunburned easily). Leave short-nosed breeds like pugs, Pekingese, and bulldogs indoors by the air conditioner.

Feeding—Don't feed your pet till you've finished jogging. A meal beforehand may make your dog lethargic at best and also could cause bloat, a serious condition that sometimes can be fatal.

Wanted: foster homes for guide dogs

Several schools for the blind across the country place guide dog puppies in private homes for most of their first year. Though some of the puppies receive obedience training (through 4-H extension service programs, local dog training groups, etc.), the puppies more or less live like ordinary family pets for a year. The foster families are responsible for the animals' care. Then, the prospective guide dogs are returned to the schools for more specialized training and eventually placement with a blind person.

If you'd like to find out more about providing a temporary home for a guide dog puppy, here are three organizations you can contact: Guide Dogs for the Blind, Box 1200, San Rafael, CA 94902; Leader Dogs for the Blind, 1039 South Rochester Road, Rochester, MI 48063; and Guiding Eyes for the Blind, 611 Granite Springs Road, Georgetown Heights, NY 10598 (Attention Breeding Farm). These schools

continued

9 out of 10 veterinarians agree:

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Cycle 1 is for puppies up to 18 months. Pound for pound, your growing puppy's nutritional needs are almost double those of an adult dog—which is why you should feed him Cycle 1 dog food. Its concentrated nutrition provides the extra protein and vitamins his energy level demands. Plus the extra calcium so necessary for strong bones and teeth.



Cycle 2 is for active adult dogs ages 1-7. When your dog reaches adulthood, his nutritional needs change significantly. Cycle 2 dog food contains a balance of vitamins and minerals specially formulated for dogs 1-7. With Cycle 2, you'll provide your dog with all the nutrition he needs to help him stay healthy and alert during his active years.



Cycle 3 is for less active dogs. Why feed your less active dog Cycle 3 food? Because, while you want to control his caloric intake, you also want to give him full-size servings of food that's as good tasting as it is nutritious. Cycle 3 has all the protein, vitamins and minerals an adult dog needs, but less fat and 20% fewer calories than the nation's leading brand. Cycle 3 satisfies your dog completely while reducing his total calories.



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*Surveys conducted nationally among veterinarians.



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continued

Pet potpourri

also may be able to put you in touch with guide dog programs nearer you.

Working with animals

Is someone in your family interested in working with animals? There's a variety of careers to choose from, and many of them are explored in a new publication called *Careers: Working with Animals.* To get a copy of the book, send $6.95 to The Humane Society of the United States, 2100 L Street, N.W., Washington, DC 20037.

Lost and found

Tracking down a lost pet can be tough, but the National Dog Registry (NDR) can help. Ask your veterinarian to tattoo your dog, cat, or other pet with your social security number (usually on the inside of the animal's flank) and register that number with the NDR. Then anyone anywhere who finds your pet will have access to the NDR's 24-hour telephone service that notifies you of your pet's whereabouts. Registration costs $35 for the life of the pet owner (regardless of the number of pets registered).

For more details, contact The National Dog Registry, 227 Stebbins Road, Carmel, NY 10512 (phone 914/277-4485).

Kennel cough

The term "kennel cough" refers to certain contagious canine respiratory diseases that are most common during hot, humid weather among dogs confined together (in kennels, at dog shows, etc.). The primary symptom is a dry, hacking cough especially after exercise. In more severe cases, coughing is accompanied by watery eyes, a runny nose, and a moderate fever. Such cases can develop into pneumonia if not treated.

Parainfluenza vaccines provide temporary protection (many kennels require vaccination before dogs are boarded). Though there's no cure for kennel cough, a veterinarian can prescribe medication to alleviate symptoms and prevent complications.

Feeding setups for outsize dogs

You can make mealtime more pleasant for a large dog and perhaps prevent

continued

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continued

Pet potpourri

neck and back problems, too, by raising his food and water dishes to a comfortable height off the floor. A wooden box or table a foot or two high (depending on your pet's size) works well. To avoid spills, cut holes in the stand for your pet's feeding dishes to fit into, or use weighted feeding containers. Commercial feeding dishes (usually 12 to 16 inches high) for big dogs also are available from mail-order houses and in pet supply stores.

Bringing home the bird

Are you thinking about bringing a pet bird into the U.S. from a foreign country? Beware! The federal government has cracked down on import regulations affecting all countries except Canada. One of the new restrictions is a 30-day quarantine at a cost of $80 to $100 to you.

For details, write *Pet Bird Pamphlet*, Veterinary Services, APHIS, Room 710A, 6505 Belcrest Road, Hyattsville, MD 20782.

Heartworm alert

If summer is synonymous with mosquito season where you live and you haven't had your dog checked for heartworm, it's past time. Ask your veterinarian to test your dog for this mosquito-carried parasite and then put your pet on a program of preventive medication. Tasty new pills take the hassle out of giving your pet daily heartworm medication.

Good news about canine parvovirus

By now, you've probably heard about canine parvovirus, a contagious intestinal disease that causes severe dehydration and death in dogs if not quickly diagnosed and treated. Fortunately, a parvovirus vaccine is now available. Check with your veterinarian.

You should be particularly concerned about protecting your pet if he associates with lots of other canines (at dog shows, in kennels, etc.). If your dog has any of the virus symptoms—high fever, listlessness, insatiable thirst, vomiting, dehydration, and severe diarrhea—take him to a veterinarian fast. The recovery rate is good, provided the dog gets treatment early.

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Here, *for the first time ever* in this charming art form, are the loveliest butterflies of all fifty of our States—portrayed as in Nature, fluttering about the bright flowers of summer.

The brilliant colors of America's loveliest butterflies —captured in exquisite miniature

To create the original work of art that will be depicted upon each of these fine bone china thimbles, Franklin Porcelain has commissioned the outstanding wildlife artist Helen Hall. And each design is a triumph of the miniaturist's art. For she has succeeded in portraying each butterfly...each flower...with delicacy and with superb accuracy, in the most intricate detail and the most richly realistic color. The frail beauty—the airy grace—of every one of the fifty butterflies is magnificently expressed.

Among them are New York's Tawny Emperor, conspicuously elegant as it visits the blooms of the Sea-Pink. The distinctive Eastern Tiger Swallowtail of Indiana, hovering amongst a cluster of St.-John's-Wort. California's Green Comma, displaying its beauty in front of that tiny rose and yellow orchid of the marshes, the Fairy-Slipper. The Silvery Blue of Illinois, the delicate hue of its wings contrasting exquisitely with the richness of the Mother-of-the-Evening. The

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In the tradition of classic porcelain collector's pieces, these fine bone china thimbles are being issued in limited edition. They will be offered only until the end of 1980, and will then be permanently withdrawn at the close of this original issue year. They can be acquired only as a complete collection—exclusively by direct subscription from Franklin Porcelain—and there is a further limit of one collection per subscriber.

The price for each thimble in this announcement is just $11.75, and you will receive your collection at the convenient rate of one thimble per month, beginning in September 1980. However, to take advantage of this opportunity, you must be sure to mail the Advance Subscription Application below by August 31, 1980, at the very latest.

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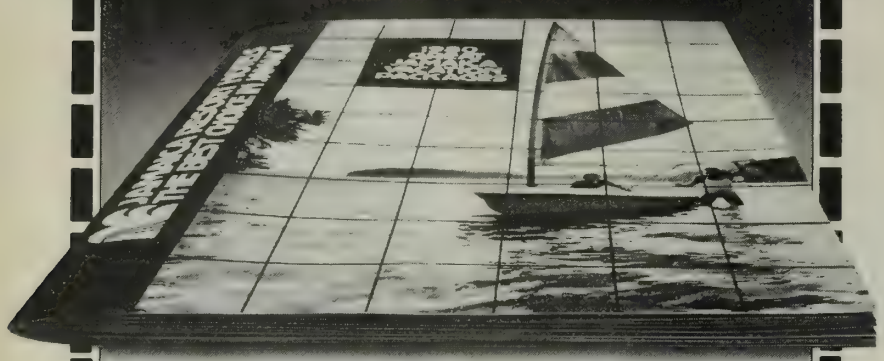
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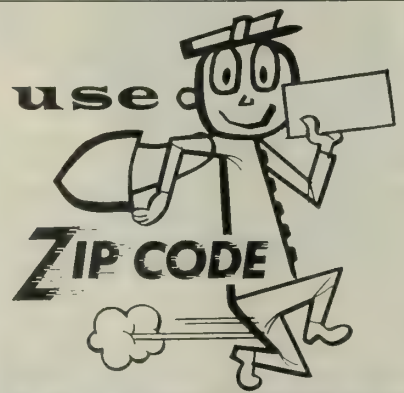


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Your friends will appreciate a gift of *Better Homes and Gardens*—a gift that will remind them of your thoughtfulness each month throughout the year.

FOOD

Iced tea tips

Iced tea, anyone? On a sweltering hot day (or any day of the year), you'll rarely get a turndown. Brush up on your iced tea basics now for the thirsty days ahead.

What's available

Choose from tea bags and loose tea in regular and special blends, regular instant tea, presweetened iced tea mix with lemon flavor added, or a special blend for automatic coffee makers.

How to brew

- For optimum flavor, always start with fresh, cold tap water.
- Before making a hot brew, warm the teapot by rinsing it with boiling water, then empty the pot.
- With tea bags or loose tea, use four to eight teaspoons of loose tea or four to eight tea bags. Add four cups boiling water to the pot; cover the pot and let the tea steep three to five minutes. Remove the leaves and stir. Pour over ice in glasses. Makes five (six-ounce) servings. For a larger batch, simply double or triple the recipe.
- You don't have to boil water to make iced tea. To make four servings, place six tea bags in a pitcher containing four cups of fresh, cold water. Cover and refrigerate several hours.
- If you're using instant tea, simply stir one rounded teaspoon of tea into a six-ounce glass of cold water and add ice. Adjust the strength to your taste by adding more water or tea. For a pitcherful, use two tablespoons of instant tea to each quart of cold water.

Serving savvy

- Keep brewed tea at room temperature to prevent clouding. If clouding occurs, you can clear the tea up by adding a little boiling water.
- Use honey, maple syrup, or fruit juice as a flavorful sweetener.
- For a flavor bonus, add a little brandy, rum, or your favorite liqueur to each glass of tea.
- For cool summer sippers, top glasses of tea with scoops of sherbet.
- Insert skewered chunks of fresh fruit in each glass of tea.
- To add a special touch to iced tea, freeze whole berries, fresh mint, or citrus slices in ice cube trays filled with water.

Want to see a hot dog shine?

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Open up your hot dog and let the sunshine in—the Sunshine Mustard, that is—French's. French's has a bright sunny color and a bright sunny taste. That's why you'll take a shine to a hot dog when you put French's Mustard on it.



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UPDATE

DIABETES AND OBESITY

"Diabesity" is a new term that emphasizes the link between obesity and diabetes when both conditions start in adulthood. The term was coined by Dr. Ethan A. H. Sims, professor of medicine at the University of Vermont College of Medicine, who heads a federally funded diabetes research program at the University.

"Overeating alone does not cause diabetes," Dr. Sims says. "Additional factors, probably inherited, cause insulin resistance to progress into frank (clinically evident) diabetes. But obesity and diabetes often go hand in hand."

A program of weight loss, coupled with regular exercise, can reverse many of the symptoms of diabetes, he adds. Early results of the continuing study by Dr. Sims' group suggest the weight loss/exercise regimen may be more beneficial than either insulin or oral antidiabetes drugs for most of the seven million Americans who are both obese and diabetic.

It's estimated that ten million Americans have diabetes; the likelihood of developing the disorder is said to double with each decade of life and with every 20 percent of extra body weight. "Diabesity" may lead to other disorders such as high blood pressure and blood vessel diseases.

If you're overweight—and especially if you have a family history of diabetes—the best advice is to get your weight down to normal, and keep it down. Exercise for half an hour, three times a week, after you've received the go-ahead from your doctor.

IF YOU NEED TO BUILD UP YOUR BLOOD DON'T COUNT ON VITAMINS

Iron poor blood is the most widespread nutritional ailment in America today. In fact, it's a problem that millions of American women face.

And all the vitamins in the world can't help, because vitamins don't contain iron.

Take GERITOL, America's #1 iron and vitamin supplement. GERITOL is so rich in iron, just one tablet each day gives you more iron than even a pound of calf's liver. Plus vitamins that are essential to good health.

GERITOL will actually build iron poor blood back to normal. That's what makes it different from just plain vitamins—and so important to you.

AVOIDING BRITTLE BONES

Osteoporosis, a disorder in which bones become so brittle that they are easily broken, long has been viewed as an inevitable result of aging. New evidence suggests the condition may be preventable or at least treatable.

In a report in the journal *Science*, Dr. Donald Whedon, director of the National Institute of Arthritis, Metabolism, and Digestive Disease, suggests that maintaining physical activity may help minimize osteoporosis by slowing loss of the mineral calcium. He points to the fact that patients who are immobilized in bed often show a dramatic loss of bone mineral.

Dr. Whedon also recommends increasing the amount of calcium in the diet. The new Recommended Dietary Allowance guidelines from the National Academy of Sciences call for 800 milligrams of calcium per day for adults, the amount contained in one cup of milk plus two ounces of Swiss cheese. Many adults' diets don't include even this amount. Additionally some researchers believe that after menopause, women need nearly 1,500 mg of calcium per day. (If you have

trouble digesting milk products, check with your doctor about the possibility of using calcium supplements to meet your body's requirements).

Sometimes, the hormone estrogen is prescribed for osteoporosis. However, long-term estrogen use is limited primarily to women with extensive family histories of osteoporosis. That's because the use of estrogens by menopausal women has been associated with a higher risk of uterine cancer. Other drugs that hopefully will strengthen weakened bones safely are now being clinically studied.

TWO DRINKS A DAY FOR YOUR HEART?

Recent studies showing the apparent protective effect of alcohol on the heart suggest that daily *moderate* consumption of two ounces or less of alcohol may reduce the risk of a fatal heart attack. Two ounces of alcohol is found in 40 ounces of beer, 12 ounces of wine, or 4 ounces of liquor.

One of the studies is a survey of 8,060 adults enrolled in the Kaiser-Permanente Medical Plan in northern California. Another is a case history study of 568 married men, all coronary heart disease fatalities, who were compared to an equal number of men in a control group; this study was conducted by Harvard Medical School and Boston University.

But don't rush to the liquor store yet. In a report to the *Journal of the American Medical Association*, Harvard Medical School researcher Dr. Charles Hennekens and his colleagues caution that the relationship between drinking habits and factors such as personality needs further study.

Men who drink lightly or moderately may be more relaxed, easygoing, and less prone to heart attacks. In contrast, men with excessive drive may drink heavily in an attempt to relax, or may avoid drinking entirely because they are unwilling or unable to relax. (Little presently is known about women's drinking habits.)

There is concern that the recent alcohol studies may have a negative effect on problem drinkers and potential problem drinkers. An editorial accompanying the medical journal report says: "It may be dangerous to tell some people to take two drinks a day when, given their constitutional makeup, one could fairly predict they could not stop at two."

Dr. Hennekens' group feel it's too early to suggest that nondrinkers start drinking. And, the researchers add, "There are compelling medical and social reasons" to urge *heavy* drinkers to cut back.

HEART SELF-TEST

Your pulse is a telltale indicator of your general health. To see how efficiently your heart is working, take this simple test. Sit quietly for a few minutes, then take your pulse, counting beats per minute. Stand up and stay in place for three minutes before taking your pulse again.

If your standing pulse rate is 15 beats or more per minute above your resting rate, or if the total beats per minute exceed 100, your physical condition and fitness may be poor, according to the newsletter *Medical Update*.

The average pulse rate during rest is 72 beats per minute for men, 80 for women. Athletes often have a resting pulse rate under 60. While exercise can improve your heart health, you should see your physician before starting an exercise program. BH&G

—Lynne Lamberg




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Geoffrey Holder



"You can also make a variety of Coladas to delight everyone with these remarkable Coco Casa Colada Mixes: Banana, Strawberry, Coconut, Chocolate and Pina."

Late-blooming bulbs for AUTUMN COLOR



COLCHICUM

By Steven Coulter ***The last of your gladiolus, calla lily, and canna lily blooms needn't signal the end of your bulb color for the year. There are a number of late-blooming hardy bulbs that can grace your autumn garden with their unique colors. And, like spring-flowering bulbs, they survive winter gales so they can be left in the ground once planted.***

Now's the time to plant these fall-bloomers. You'll have to wait a year for flowers from the lycoris and the sternbergia, but the hardy cyclamen, fall crocus, and colchicum will usually bloom the same year they're planted. Turn the page for details on all five, listed in the order of their normal seasonal bloom.

Late-blooming bulbs for AUTUMN COLOR

Lycoris

Spider lily is a common name for *Lycoris squamigera,* a member of the amaryllis family. It's listed in some catalogs as Hall's Hardy amaryllis. In early spring, lycoris sends up straplike foliage, which matures and dies in summer. Then in August, fragrant, opalescent pink, lilylike blooms appear on two-foot stems.

Plant your lycoris bulbs in midsummer, as soon as bulbs are available. To prevent fast fading of the delicate blooms, choose a location that will be in light shade during the blooming period. Space the bulbs six inches apart and cover them with six inches of soil.

FALL CROCUS



HARDY CYCLAMEN





STERNBERGIA

Hardy cyclamen

These lilliputian relatives of the common florist's cyclamen produce tiny flowers on five-inch stems in September. *Cyclamen neapolitanum* sports reddish pink flowers, while *C. cilicium* has pale rose blooms; both have marbled foliage that is attractive even when the plants are not in bloom.

Hardy cyclamens need a well-sheltered, shady, slightly moist location. They are excellent for rock gardens and for casual placement in a woodland garden or along a walk where they won't be disturbed while



Photographs: Harry Hartman; Bill Helms. Field editor: Bonnie Maharam

dormant. Plant the tubers in midsummer, two inches deep and six inches apart. Cover with a winter mulch in cold climate areas.

Sternbergia

The golden yellow crocus-shaped flowers of *Sternbergia lutea* will perk up any fall garden. The blooms are two inches tall and two inches across; the straplike foliage grows to a foot long.

Plant sternbergia bulbs in midsummer, four inches deep and six inches apart, in well-drained soil in a sunny location. Try to leave the bulbs undisturbed. Protect with a winter mulch in cold areas.

Fall crocus

The grasslike foliage of fall crocus appears in spring and continues to grow until early July, when hot summer weather makes the plants go dormant. Then in the fall, the plants burst forth with a profusion of two- to six-inch flower stalks that bloom until frost. Colors include bright red, orange, white, blue, and lavender.

Fall crocus are fine for naturalizing. Simply scatter them in a lightly shaded area and plant them where they fall, three inches deep, in rich, moist, well-drained soil. They will quickly reproduce and carpet the area in a few years. Plant them now and enjoy their show of color this year and for many years to come.

Colchicum

Colchicum bulbs come on the market in late summer and should be planted immediately. The big vase-shaped lavender blooms appear within weeks after planting. Both single- and double-flowering varieties are available. Autumnale Roseum Plenum is an outstanding pink-flowering double with a six-inch stem. Good single varieties include Lilac Wonder and Violet Queen.

Dense foliage appears in the spring, then dies back in midsummer. The leaves must be allowed to ripen and die back naturally for the plants to flower normally. Plant colchicums six inches apart and four inches deep in a cool, moist spot shaded from direct sun.

To order these fall-blooming bulbs, see page 74

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Kim Garretson

Good News

Look for these new ideas at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

Cool microwave casserole



When food is cooked in this microwave casserole, the removable liner gets hot but the outer shell with handles keeps its cool so you don't burn your fingers. The air space between the two pieces helps keep the food hot after you remove the dish from the microwave oven. Besides the cooking lid shown here, there's also a snap-on storage cover.

Koolware 8-inch casserole, about $13. Duocon Corp., 740 Yosemite Dr., Livermore, CA 94550

Leaking water alert



Just one teaspoon of leaking water will set off a loud signal from this water alarm. Place it in your basement and you'll get an early warning of any flooding or seepage, or an overflowing washing machine or toilet. The warning beep will sound for up to 24 hours until it's turned off. If the nine-volt battery gets low on power, the alarm will "chirp" a warning.

Water Alarm, about $30. Northern Electric Co., 5224 N. Kedzie Ave., Chicago, IL 60625.

Fold-up step stool



Photographs: William N. Hopkins

This step stool will fold up to just one inch across, so you can store it between the refrigerator and kitchen cabinets (or hang it on the back of a door). It weighs only about nine pounds, but it can hold up to 800 pounds, so there's no danger of sudden collapse. The safety features include a locking safety latch, a non-slip surface on the steps, and non-skid feet.

Stowaway Stepstool, about $22. Black and Decker, 701 E. Joppa Rd., Towson, MD 21204.



Energy-saving programmable electronic dishwasher

You can pick any of 25 combinations of wash, rinse, and dry cycles on this dishwasher to match the size of the load and the type of soil. This flexibility translates into energy saving, since no hot water is wasted. The five wash cycles include one for china and crystal, and one for heavy soil, and one that simply rinses partial loads for later washing. You can check the energy used by each cycle and compare energy usage between all the cycles on a series of lighted electronic displays. Once you've selected a set of cycles on the wipe-clean touch control panel, you can preprogram the dishwasher to repeat the previous cycle settings on successive loads. The machine also tells you electronically how many minutes remain in the operating cycle. A built-in troubleshooting system warns you of potential problems like an overfill, power failure, or plugged drain.

GSD2500 Programmable Electronic Dishwasher, about $700. General Electric, 800 Third Ave., New York, NY 10022.

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SHOPPING

How to order material from the magazine



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Kind Words Sampler What better way to express your feeling of friendship than by cross-stitching this 16"x16" sampler. Kit has color design on polyester/rayon fabric, cotton embroidery thread, needle, and instructions.



True Friend Sampler Cross-stitch this 15"x 22" sampler which combines a special thought with beautiful embroidery motifs. Kit contains color design on polyester/rayon fabric, cotton embroidery floss, needle, and directions.



Traditional Sampler Capture the essense of a traditional cross-stitch sampler with delightful letters and motifs. One simple stitch worked in five different colors yields this charming 19"x24" Tree of Life design. Kit has color design on polyester/rayon, floss, needle, and instructions.

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If you've ever had a tampon accident,



Expandable sponges to fit best. And absorb fast. Rely's sponges expand to fit and absorb almost instantly. So you're protected virtually from the start.

Super fibers for super holding power. Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight.

you're ready for Rely's double-absorbing action.

Once your tampon fails you, there's little you can do. Till next time. So next time, try Rely.®

You can practically forget about staining from by-pass accidents (accidents that can occur when there's a gap between you and your tampon). Rely has double-absorbing action. One: incredibly absorbent sponges that expand to fit best. Two: super-absorbent fibers that draw the flow from the sponges and hold it.



Double-absorbing action: It provides superior protection against by-pass.

Unlike other tampons made of cotton and rayon, Rely is filled with light expandable sponges and super-absorbent fibers. As soon as you insert Rely, your body moisture makes the sponges expand till Rely billows out to fit you softly, virtually wall to wall so there's less chance for tampon by-pass.

And Rely continues to fit, no matter how much you exercise, because it bends and flexes with you. Only sponges absorb like sponges. And Rely's absorb almost instantly.

But that's only half of double-absorbing action. It's the fibers that keep the flow from backing out. They actually draw the flow from the sponges and hold it deep inside Rely's unique cup shape, while the sponges absorb even more.

Absorbency as well as comfort.

Some women find Rely's Regular size so absorbent, they never need Rely Super. But it's best to try both sizes at first—using Super on heavy days and Regular as you taper off—until you find the combination most comfortable for you. Rest assure even women with unusually heavy flow have found security in Rely Super, without an accident.



As for comfort, well, a soft little pillow of a tampon with a silky outer covering has got to be comfortable. And its smooth plastic inserter has a tapered tip to glide Rely in easily. Without a pinch. So if you've had accidents with other tampons, you're ready for the Rely differe The only tampon with this kind of double-absorbing action.

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It even absorbs the worry.



People-to-People

TRAVEL PROGRAMS



Getting to know the people who live in foreign countries can mean the difference between just seeing the sights and experiencing different ways of life when you're vacationing. Many countries will recommend get-acquainted programs, and some governments even help bring travelers and locals together. Whether you visit a private home, stay on a farm, or rent a cottage in a friendly village, you'll discover how personal encounters can enrich a trip.

Meeting the locals

Most of the programs—with such names as Meet the People and Behind the Scenes—are operated by private organizations. And there are programs tailored to nearly every interest. You can meet residents with the same occupation as yours, stay with families the same size as yours, or get acquainted with local experts on subjects that appeal to you—in either city or country settings.

If you don't understand the local language, don't worry. Every effort is made to match you up with someone who speaks English. Or if you prefer, you can be placed with a host who speaks only the native tongue. The sponsoring group also can advise you on local customs and etiquette.

Taking advantage of these programs provides another bonus, too. When you stay in a private residence and share home-cooked meals with the family, you often pay much less than you would for commercial accommodations and restaurant dining. And more than likely the family will go all out for its guests. With all the programs, kids age six to 12 generally pay 75 percent of the adult rate; under six, 50 percent.

Planning your visit

Spring and fall, you often can make arrangements with as little as two weeks' notice. But make your reservations at least six months in advance for busy summer months. When lodging is involved, you may have to make an advance deposit.

Don't overlook the need for a rental car when you're estimating costs. If your host lives in the country, you may need one. It's also a good idea to correspond with your host before you arrive—to get answers to any questions you may have.

Program sampling

The following selections include some top people-to-people programs. Services are free, unless noted.

Belgium: You can participate in the daily life of a Belgian farm family—joining in everything from pitching hay to milking cows—in the Polders (bordering France) and Ardenne Mountains (bordering Luxembourg). The cost is reasonable, ranging from $20 to $147 a week per person, depending on location, accommodations, and meals. Write to the Belgian National Tourist Office, 745 Fifth Avenue, New York, NY 10022. You also can stay with a family living in a city or town in either region. Write to The Belgian-American Association, Rue Brederode, 13, B-1000 Brussels, Belgium.

Britain: More than two dozen organizations arrange family stays in Britain. During a typical visit, you might stay in a Georgian-style home in a small market town outside London ($104 per person a week, including bed, breakfast, and Sunday lunch). Another program matches up families with similar interests (about $90 per person a week). Other programs run as little as $70 weekly.

Still another option is a "self-catering holiday," during which you rent a completely furnished cottage (many are charming bungalows in rural villages). Because you're living among the locals, you'll find mingling with them is easy. Rentals are available in all English counties, Wales, and Scotland. (Prices range from about $90 to $150 per week during midsummer, less in other months.)

For information on any of the programs, write to the British Tourist Authority, 680 Fifth Avenue, New York, NY 10019.

France: You can get a *French Farm and Village Holiday Guide* that lists more than 1,000 "self-catering" rentals (rates start at as little as $60 a week). Send $4.95 (plus $1 for handling) to Unipub, 345 Park Avenue South, New York, NY 10010.

Chez Des Amis (at the home of friends) is an ambitious private program established in France and just starting in Britain. Its catalog lists participating families and their accommodations (each host accommodation is visited annually and checked out by a representative of Chez Des Amis). The minimum stay is five days (doubles range from $38 to $56 per day with breakfast, dinner optional at $10 to $15 per person with wine). Some families offer a chauffeur and guide service for about $32 a day. Write to Chez Des Amis, Box HBG, 139 West 87th Street, New York, NY 10024.

continued

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Start pure.

LEMON CRYSTAL SALAD DRESSING Combine in a jar with a tight fitting lid 1-1/2 cups salad oil, 1/2 cup Minute Maid Lemon Juice, 2 teaspoons salt, 2 tablespoons sugar, 1/2 teaspoon pepper, 1 teaspoon grated shallots. Shake until thick and well blended. Let stand at room temperature for 1 hour, then shake again before pouring over salad. This dressing may also be used as a marinade. (Makes 2 cups)

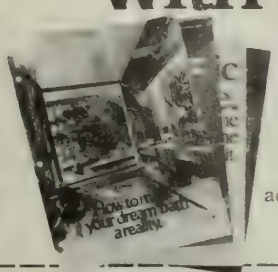
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Travel programs

Ireland: Meet the Irish, sponsored by the Irish Tourist Board, will place visitors with people from all walks of life—cattle brokers to peat cutters to museum curators. Just tell the board your itinerary and interests (at least a month in advance), and it will find a resident to match. The tourist board also offers farm holidays. (Cost is about $9 per person a day for bed and breakfast, $9 more per person for dinner.)

The Town and Country Homes Association arranges accommodations with families in cities and small towns. You can get free catalogs on both placement services by writing to the Irish Tourist Board, 590 Fifth Avenue, New York, NY 10036.

Scandinavia: Meet the Danes, once a national program, is now operated by eight cities around Denmark. Danish families invite guests for after-dinner get-togethers in their homes (you might arrange for dinner or an overnight stay by writing ahead). Similar programs are offered by some cities in Norway and Sweden. Usually, you simply visit briefly over coffee with your host family.

Or you can visit a Danish country farm (about $20 per person a day with meals, minimum one-week stay). Sweden, Norway, Iceland, and Finland also have farm-stay programs (as inexpensive as $9 per person a day with breakfast). With some of these programs, you lodge with the family in their farmhouse. Or you might stay in a guest cottage or apartment (but you still can help with the chores). For more information about any of these programs, write to the Scandinavian National Tourist Offices, 75 Rockefeller Plaza, New York, NY 10019.

Switzerland: Don't Miss the Swiss brings travelers together with families of similar interests who live in Zurich. The tourist office puts you in touch, then you and your host make your own arrangements. Usually you won't stay overnight, but you're likely to be treated to home-cooked meals. For information, write to Don't Miss the Swiss, Zurich Tourist Office, Bahnhofplatz 15, 8000 Zurich 1, Switzerland.

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It's Better In The Bahamas

The best of Australia–first time around

With the advent of competitive air fares and tour packages, a vacation in the faraway South Pacific is becoming a reality for more and more American travelers. And legendary Australia, about a 15-hour flight from the West Coast, is a favorite South Pacific destination. Australia is vast, rivaling the U.S. in size, and its diversity—from bustling cityscapes to wild bush country—makes it a uniquely enticing vacation setting.







The city-country contrast of Sydney's Opera House and a rural sheep ranch

Going down under

A two- to three-week excursion to Australia these days doesn't have to be much more expensive than traveling to Europe, if you plan ahead. Air New Zealand, Pan Am, and Qantas Airways offer daily flights (Continental flies four times a week) from San Francisco and Los Angeles to Sydney—Australia's largest city, situated on the southeast coast. (Some Pan Am flights to Australia also originate in New York.)

Air fares vary by month and season. They're highest December through February, summer in Australia and the most popular time with vacationers. During other months, which are comfortably cool, round-trip air fare from the West Coast—purchased 20 to 30 days before departure—costs $745 to $1,405 per person (depending on the airline and when you go). Figure on paying about a third more if you're traveling during the busy season. But remember, fares change frequently these days due to increasing fuel costs.

Ask in advance about stopovers en route, too. Some airlines charge only a few dollars more to spend a couple of days in Hawaii, Samoa, or the Fiji Islands on the way.

There are plenty of tour packages to choose from, but fly-drive packages are the most economical and flexible way to go (about $500 a person for two weeks, excluding air fare). Rental car, lodgings, and reduced air fare (when you're flying between different points on the continent after you get there) are included in the package price.

Packages and guided tours are available, too, for traveling within Australia by bus or train. Service and connections are generally good, plus there are reliable buses and trolleylike trams for getting around within major cities. Make reservations for packages and tours in advance through an airline or travel agent.

City-country contrast

Hopscotching all over this vast continent—nearly the size of the continental U.S.—can be time-consuming, expensive, and exhausting. The key to enjoying your first Australian vacation is to be choosy. If you focus on the continent's eastern third, in a couple of weeks' time you can experience some of the best of nearly everything Australia has to offer—from lively coastal cities to the rugged Outback farther inland, and from perpetual prairies to glistening sands.

Sophisticated Sydney

You'll find a trio of first-rate cities situated along Australia's southeast coast, each one with a unique personality. Since most airlines fly into Sydney, that's a good place to start your explorations. This modern, spirited city of some three million people blends the old and new. You can't miss the stunning futuristic architecture of Sydney's Opera House, perched on a peninsula (called Bennelong Point) that juts into the harbor.

For a feeling of the old Sydney and Australia's rough-and-ready heritage, meander through The Rocks, a dockside district of neighborly taverns, cozy bungalows, and narrow alleyways where the country got its start (as a penal colony). Or stroll through Paddington, a historical neighborhood of fantastic Victorian homes, art galleries, intriguing shops, and pubs and restaurants popular with locals.

The best way to get your bearings in Sydney is to take the 2½-hour daily harbor cruise ($7 a ticket; the ferry tour, offered three times a week, is under $3). Cruising the harbor also acquaints you with the city's chain of busy beaches, where surfing, sailing, swimming, and sunning are favorite activities. Another delight is the Taronga Zoo Park, inhabited by all sorts of strange and exotic creatures.

Eating out is an adventure in this city, where restaurant menus feature everything from European to Asian fare. But the specialty is seafood—scrumptious rock oysters, lobsters, crabs, and prawns. And be sure to try Australia's own tasty cheeses and excellent wines, too. You'll pay about the

continued

Photographs: Australian Tourist Commission



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ranches outside Canberra, where you can experience a bit of the rugged, independent way of life for which "Aussies" are famous. You'll be fascinated by the goings-on, and you might even learn to throw a boomerang. (Half-day tours from about $9; contact the A.C.T. Government Tourist Bureau, Corner London Circuit and West Row, Canberra City, A.C.T. 2601.)

If you spend the night in Canberra, choose a centrally located hotel like the Lakeside International or the Travelodge (both about $60 double).

Cultivated Melbourne

"The" place to experience the highbrow side of Australia is Melbourne. Spacious parks and gardens, a fine orchestra, ballet, museums, theaters, art galleries, and specialty shops contribute to this city's London-like refinement. And you can travel about anywhere aboard the city's trams.

The Arts Centre of Victoria houses the continent's largest art collection in a unique bluestone building surrounded by a moat. Displays of Aboriginal artifacts, minerals, birds, and animals fill the National Museum. Distinctive shopping abounds on Bourke Street, and be sure to check out the bargains on opals and sheepskin products at the arcades (just off Bourke Street).

For some real excitement, join the cheering crowds at football games—wild, frantic events played by Australian rules (throughout winter). Australia's cricket (October to March), rugby (most popular in Sydney), and soccer matches also are frenzied affairs.

continued

Australia

same dining out in Sydney as you do in most big U.S. cities.

Sydney's renowned Opera House dominates the nighttime entertainment scene—with concerts, theater, and opera (an evening package, including a tour, meal, and performance, starts at $30 a person; book months ahead through an airline or travel agent). You also can enjoy Australian theater (seasons vary)—from Broadway sellouts to Shakespeare—and repertory theater throughout the city.

The colorful Kings Cross area boasts brassy bands and risqué stage shows. There's jazz nonstop at the Soup Plus Restaurant, The Basement, Rocks Push, and in many pubs.

You'll find first-rate lodgings at the Hyatt Kingsgate, The Sydney Hilton, Menzies, The Wentworth, and Sebel Town House ($65 to $75 double).

Cosmopolitan Canberra

Don't miss a day's outing to the national capital of Canberra, a 190-mile flight southwest of Sydney ($80 round trip by air, about $20 by rail). This attractive city, with its shrub- and tree-lined avenues curving around beautiful Lake Burley Griffin, has a noticeably cosmopolitan air—partly because of its many foreign embassies. Major attractions include the Parliament House, where you can watch legislators at work, and the Australian War Memorial.

Plan to take a half-day tour to one of Australia's sheep



Put our Chicken in a Biskit® crackers together with our Bacon Thins for a crisp bacon and chicken combination!

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four-wheel-drive vehicles and camp along the way (outings vary from one to 14 days). There are even canoe outings, camel train treks, and pack horse trips.

In town, you'll be intrigued by the tribal Aborigines. Their bark paintings and beads are yours for the bartering at The Centre for Aboriginal Artists and Craftsmen.

Great Barrier Reef and islands

Nothing on the continent can quite compare with the lush beauty of the Great Barrier Reef and Coral Sea islands off the coast of Queensland, Australia's most northeasterly state. The city of Cairns is the jumping-off place for exploring the reef and islands. Flights leave Alice Springs for Cairns twice a week only ($142 one way).

If you stay in Cairns, Tradewinds Hotel-Motel, Tuna Lodge, and the Adobe are good choices (about $36 double).

The reef, an exquisite coral formation stretching some 1,200 miles, is alive with plant and animal life. Snorkeling is a must. Many of the 600 surrounding islands are accessible only by small planes or boats.

Take a day trip by launch from Cairns to Green Island, a relatively close and inexpensive island outing (about $12 round trip, $16 with lunch and sight-seeing). There you can watch beneath-the-sea action from an underwater observatory and aboard a glass-bottomed boat, or snorkel shallow reefs near the shore (gear can be rented).

For more details, write for a free copy of *Destination Australia*, available from The Australian Tourist Commission Distribution Center, Box A-1, Addison, IL 60101.

You'll enjoy fine dining in Melbourne. Le Château and Lazar's are good choices. Top lodgings include the Southern Cross Hotel, Noah's Hotel Melbourne, and The Hilton ($55 to $70 double). Or opt for the quaint Commodore Old Melbourne Hotel (rates are about the same).

Exploring the Outback

No visit to Australia is complete without a day or two in the fabled Outback, more than a half million square miles of strikingly wild country. The Outback is home to a menagerie of unusual Australian animals like wild camels and lively kangaroos.

Alice Springs, the central city in the Outback, is a 5½-hour flight from Sydney. (The trip takes days by train, bus, or car—and the drive can be treacherous.) A word of advice is in order here: Don't miss a flight in the Outback. You may wait days for another.

The real incentives for going to "The Alice" are nearby natural wonders. Standley Chasm, about 30 miles from town, gets its name from a gorge rimmed by plunging crimson cliffs. Palm Valley, about 90 miles west, is an almost supernatural setting with prehistoric palms and spooky white ghost gum trees (full-day tours about $40). Ayers Rock, a gigantic mound of stone, is shrouded in Aboriginal legend. If you're on hand at sunrise or sunset, the rock's changing colors will take your breath away. (A half-day plane tour from Alice Springs costs about $125.)

You also can join an adventure tour of the Outback, including visits to any of these sights—only you travel by



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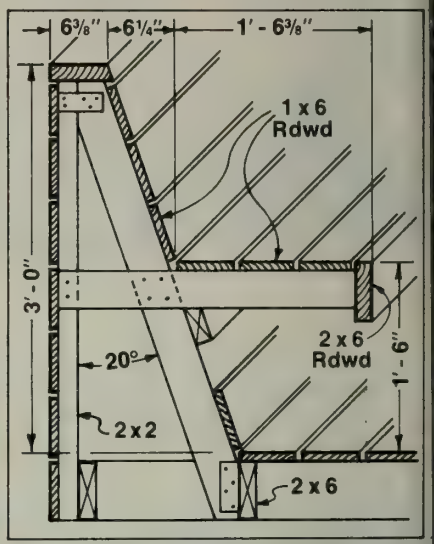


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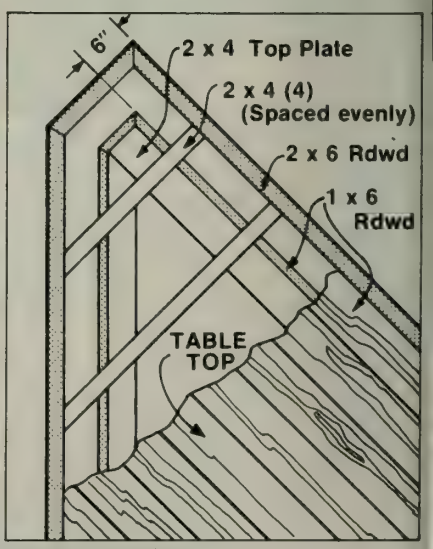
VINYL-FAB

The seating unit: The members that form the seat backs are 2x4s angled 20 degrees from vertical 2x2s, which are positioned 16 inches on center around the perimeter of the deck. The horizontal 2x4s are nailed to the angled 2x4s and the vertical 2x2s, and rest on a 2x4 secured to the front of the angled pieces. Finishing off the benches are redwood planks—2x6s for the front edge of the seats and 1x6s for the other exposed surfaces.



Photographs: Fred Lyon. Architect: Dennis Michael Brown

The table: The legs (hidden in this view) are 2x4s on 16-inch centers, positioned between 2x4 toe plates and top plates. Toenailed to the triangle formed by the top plates are four 2x4s on



Illustrations: Blazer Kimbal

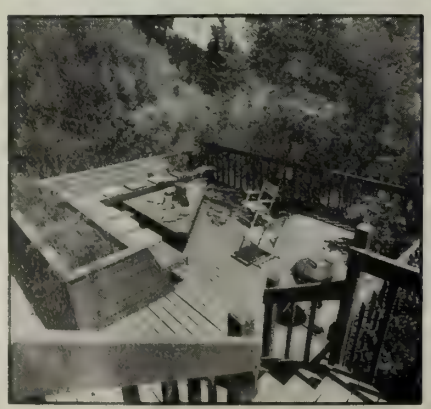
edge. This framework for the tabletop is edged with 2x6 redwood; 1x6 redwood covers the top of the table and the exposed face of the legs.

BUILDING

Stylish deck built-ins

What makes this deck a standout are its built-ins, which afford a maximum amount of usable space in a 17x20-foot area. The triangular table and wraparound seating are especially sturdy and functional.

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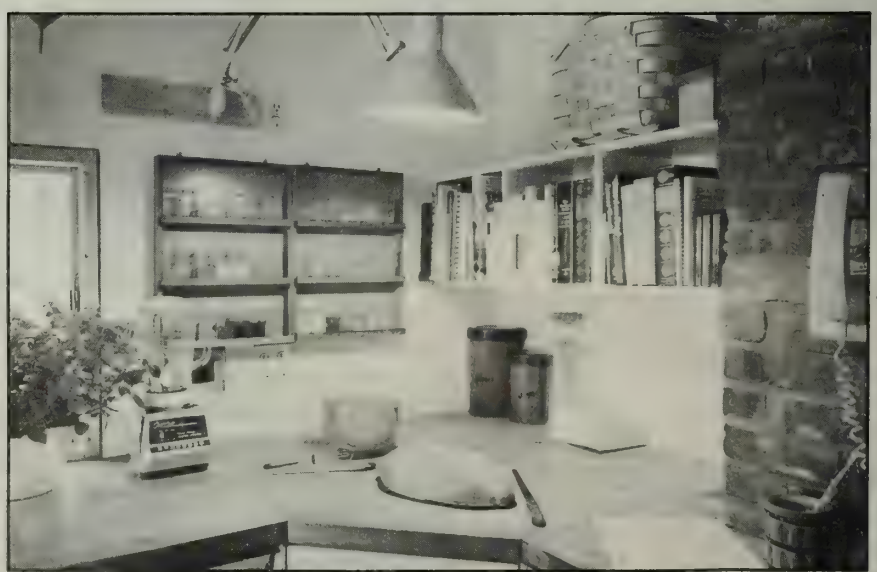
DECORATING

Cash in on kitchen corners

Need extra work and storage space in your kitchen? Try turning an idle kitchen corner into the meal planning center, baking alcove, or storage section you've always wanted. Here are two examples.



Photograph: John Rogers. Design: Beverly Beaver
Field editors: B. Sims/L. Magazzine



Photograph: Semarco, Inc. Design: Don Roberts. Field editor: Estelle Bond Guralnick

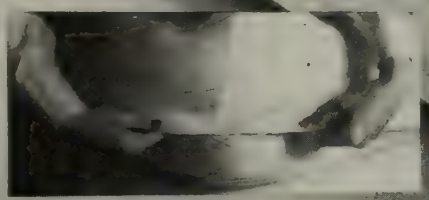
◀ Careful planning converted this out-of-the-way kitchen corner into a menu planning/work center. Not a smidgen of space is wasted. Built-in cabinets provide lots of stashing room while a convenient counter top facilitates daily meal planning. Even the wall is used to attractively store antique molds, butter curlers, and spoons.

▲ This functional corner provides the cook with ample elbowroom. The corner's usable space is extended with a custom-made cabinet that features a practical butcher block top. A built-in bookshelf keeps favorite cook books at eye level. Spices are stored nearby in a wall-hung rack. The area is illuminated with a flex-arm lamp.

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Hobart Corporation, Troy, Ohio 45374

Quick guide to buying crab

You don't have to live near the ocean to enjoy the sweet, succulent flavor of crab. Although fresh crab is only available in coastal areas, convenient frozen and canned forms can be purchased almost anywhere. Whichever type you buy, you're apt to pay a relatively high price, so it pays to shop carefully.

Choose fresh or cooked crabs and crab meat with a mild, fresh smell. Live crabs should be active; packages of frozen crabs and crab meat should feel solid and show no frost.

Here's a rundown on some of the major varieties.

- **Blue crabs** can be bought live or cooked along the Atlantic and Gulf coasts. Despite their name, blue crabs are olive green in color (only their claws are blue). Shelled, cooked blue crab meat can be purchased fresh, pasteurized, or canned and is widely available in the following forms: lump (solid pieces of white meat from the back fin of the body), flake (small pieces of white meat from the body), and claw (brown-tinted meat from the claws). Lump meat is the most expensive; claw meat is the cheapest. Purchase lump crab meat when you want large chunks of crab for cocktails, salads, etc. Flake meat is a good choice for casseroles and dips. Use claw meat when appearance is not important.
- **Dungeness crabs** are common along the Pacific coast where they can be purchased live or cooked. Frozen cooked crabs are available throughout the country. Shelled and cooked Dungeness crab meat is available fresh, canned, and frozen.
- **King crabs,** from the cold Alaskan waters, live up to their name—they can weigh up to 20 pounds. Frozen, cooked king crab legs—whole or split—are available almost everywhere. The shelled, cooked meat is available frozen and canned.
- **Snow crabs** are from the coastal waters of Alaska. Frozen cooked crab clusters (several legs attached to part of the body) or claws are available in most places. The shelled, cooked meat can be purchased frozen or canned.

ELEVEN NATURALS FOR GOOD EATING.



Crispy carrots with lots of good, healthy fiber, a super-rich source of Vitamin A.

Crunchy cauliflower has Vitamins B_1, B_2, and C.



Beefy tomatoes, are loaded with Vitamin C.

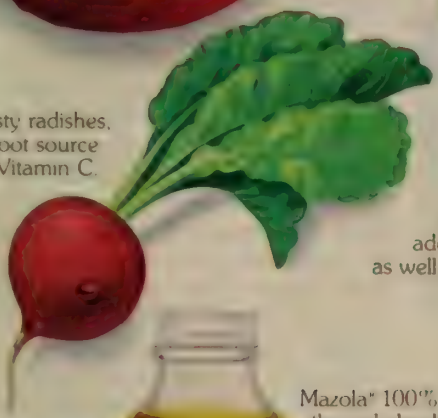






Elegant asparagus, rich in Vitamins A, B_1, and C.

Zesty radishes, a root source of Vitamin C.



Escarole, the lettuce that adds taste to a salad as well as Vitamins A and C.



Snappin' fresh snow peas for B Vitamins, iron and other good things.



Zippy onions—don't cry. They've got Vitamin C.

Mazola® 100% Pure Corn Oil, the only leading brand made from corn. Mazola is cholesterol-free, and low in saturated fats. And no leading oil tastes lighter.





Meaty mushrooms add niacin and heft to any salad.



Cool cucumbers make salads crisp 'n crunchy—and they have Vitamin C to boot.

MAZOLA 100% PURE CORN OIL.

LETS THE NATURAL FLAVORS OF FRESH FOODS COME THROUGH.

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My husband said he'd be bored silly on a 14-day cruise. That's him singing with our waiters.

As you can see, he's enjoying his boredom enormously. Today for example, we're on our way to Caracas. So I thought we'd just relax, and rest up for South America, right? Wrong.

My husband—who loves to sleep late—was so full of vim that he got us up at the crack of dawn. Why? So we could get off to our morning exercise class.

After exercise class? An early breakfast at the outdoor verandah cafe. He wanted to eat hearty to be ship-shape for the basketball tournament.

The next thing I know, he hustles us off to dancing class. And this afternoon, over at the pool, who won first place in the inner-tube race? You guessed it.

We've been going on like this for days. Thank goodness we're on a 14-day cruise. We still have plenty of time. To relax. To bask in the sun. To be pampered. To feel better than we've ever felt in our lives.

See a travel agent about a Royal Caribbean cruise. You'll find one leaving Miami every week and it's one of the nicest vacations you'll ever have. If there's any doubt, ask my husband. He's been singing its praises since we've come aboard.



Ships' Registry: Norway

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Stained glass how-to

Creating a piece of fine stained glass requires nothing more than a few basic tools, some readily available materials, and lots of practice. If you're willing to spend the time it takes to learn the basic techniques (as outlined below), you'll soon be designing and making stained glass pieces for every room in your house.

Materials can be purchased at stained glass specialty stores or local hobby shops.

Cutting the glass

To begin your stained glass project, transfer the pattern pieces onto cardboard and cut them out. Lay the pattern pieces on top of the glass and run a glass cutter around each piece, being careful to follow the lines closely.

The correct term for cutting the glass is "scoring." A score line creates a continuous fissure that enables you to break the glass. To make a score line, hold the glass cutter like a pencil and use your forefinger to exert pressure.

To begin a score line, place the cutting wheel 1/16 inch from the edge of the glass and continue along the surface, stopping the wheel 1/16 inch from the edge.

Breaking the glass

To break pieces of glass with curved score lines, turn the glass so the score line faces down. Using the ball end of the cutter, tap the side facing up along the score line.

For straight score lines, place the glass between your fists and your thumbs (thumbs should be on top, parallel to the score line) and roll your hands apart, moving your thumbs downward and outward to break the glass (creating a down-and-out motion with constant pressure).

To break off large pieces of glass, hold the glass directly above a straightedge table (or ruler), positioning the score line on one edge of the table. Snap the glass down on the table.

Use breaking pliers to break small

glass pieces. (Breaking pliers also help smooth and trim glass edges.) Hold the larger piece of glass between your fist and thumb, keeping your thumb parallel to the score line. Position the pliers on the score line, close to the edge of the glass, and pull down and away with the pliers.

To remove small pieces of unwanted glass, use grozing pliers. Gently twist the pliers downward to break away the small pieces.

Foiling the glass

After the glass pieces are cut, each edge must be covered with copper foil. To cover the edges, separate the foil paper from the adhesive back and center the glass edge on the adhesive side of the foil. Press the foil along the edges, making an even overlap on each side. Roll a small wooden dowel or pencil along the foil to smooth it out (and remove wrinkles and puckers) and assure good adhesion.

Tacking

Joining two pieces of foil-covered glass requires liquid or paste flux, solder, and a soldering iron. Apply the flux sparingly to the foil edges; then place some solder on the tip of the soldering iron and apply the solder to the glass edges. Join the two pieces along the edges.

Solder all joints on both the front and back sides of your project; then clean the joints with a wire brush to remove the dark spots caused by the heat of the iron.

Tinning

Once the glass pieces are tacked, you must "tin" the joints to produce a solid connection between all of the glass pieces. To do this, first apply flux to the remaining copper foil; holding the solder in one hand and the soldering iron in the other, cover the foil with solder so it fills in the spaces between the joints.

Beading

The final step in the soldering process is to solder over the tinning line to produce a well-rounded solder finish. When the solder melts, it beads up over the tinning line, making a raised crown and giving your stained glass piece a finished look. The beaded solder also strengthens.

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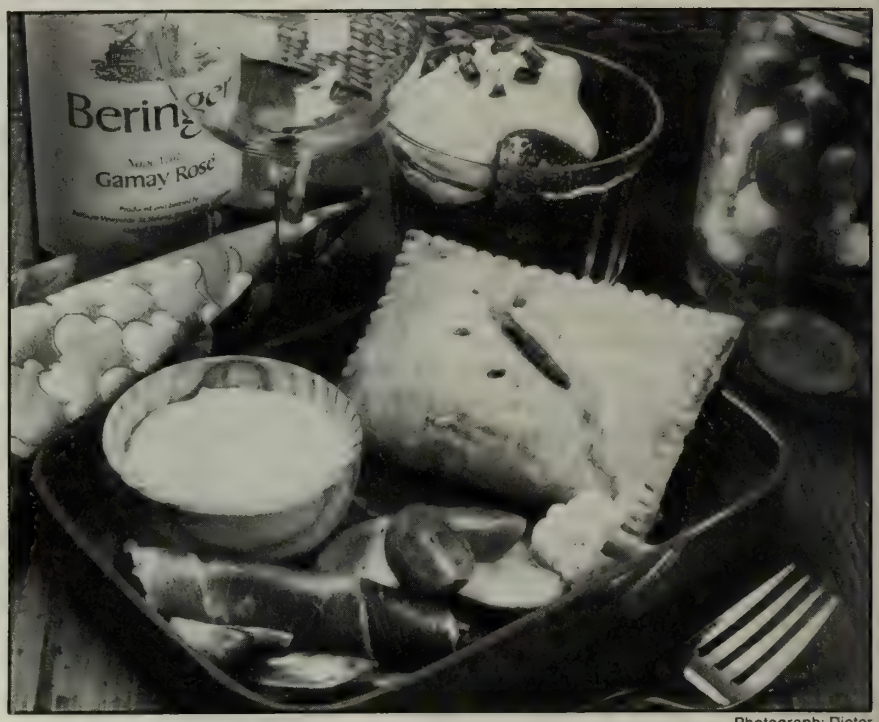
Ceramic Tile

Chic Picnic

Here's a picnic that's anything but commonplace, and it's completely make-ahead and portable. Start by marinating fresh vegetables in a piquant mustard-lemon blend. Next, bake and chill salmon pastries, made in individual portions for easy out-of-hand eating. Last of all, put zabaglione on ice—the sauce holds to perfection till you spoon it over fruit.

MENU

Dijon Vegetable Antipasto
Cool Coulibiac
Totable Zabaglione *Fresh Fruit*
Pirouettes (rolled cookies) *Wine*



Photograph: Dieter

DIJON VEGETABLE ANTIPASTO

⅓ cup olive *or* salad oil
3 tablespoons lemon juice
2 tablespoons Dijon-style mustard
½ teaspoon salt
¼ teaspoon freshly ground pepper
3½ to 4 cups fresh vegetables*
Sliced prosciutto, rolled up

In a 1-quart jar or covered container, combine oil, lemon juice, mustard, salt, and pepper. Cover and shake well. Add desired vegetables. Cover tightly and invert to distribute marinade. Chill several hours, inverting jar occasionally. Serve with prosciutto slices. Makes 6 to 8 servings.

*Use any of the following: halved mushrooms; cauliflowerets; snap peas; Chinese pea pods; sliced cucumber, zucchini, or yellow summer squash; halved cherry tomatoes.

COOL COULIBIAC

1 cup shredded carrot
½ cup finely chopped onion
½ cup finely chopped celery
3 tablespoons cooking oil
1 cup thinly sliced fresh mushrooms
⅓ cup dairy sour cream
2 tablespoons lemon juice
1½ teaspoons finely snipped fresh dill *or* ½ teaspoon dried dillweed
½ teaspoon salt
¼ teaspoon pepper
1 16-ounce can salmon, drained, boned, skin removed, and flaked
Pastry for two-crust pie
1 egg
Dairy sour cream *or* plain yogurt

Cook carrot, onion, and celery in hot oil, covered, till vegetables are tender. Remove from heat. Stir in mushrooms, the ⅓ cup sour cream, the lemon juice, dill, salt, and pepper. Gently stir salmon into vegetable mixture.

On floured surface roll *half* of the pastry to a 15x7-inch rectangle. Cut cross-wise into thirds, forming three 7x5-inch pieces. Place pastries on ungreased baking sheet. Spoon about ½ cup filling on one-half of each pastry. Moisten edges of pastry. Fold other half of pastry over filling. Seal well with tines of fork. Brush tops with mixture of egg and 1 tablespoon *water*. Slit tops for escape of steam. Repeat with remaining pastry and filling. Bake in 400° oven for 20 to 25 minutes. Cool, then cover and chill. Serve cold with sour cream or yogurt. Serves 6.

TOTABLE ZABAGLIONE

Freeze this rich custard sauce and then pack it in your cooler. The mixture will thaw en route—

3 egg yolks
⅓ cup Marsala wine *or* cream sherry
¼ cup sugar
Dash salt
½ cup whipping cream
3 cups fresh berries, melon balls, *or* sliced peaches, nectarines**, *or* plums**
Shaved chocolate

In top of double boiler beat egg yolks and wine till combined; blend in sugar and salt. Place over boiling water (water should not touch upper pan). Beat at high speed of electric mixer for 6 to 8 minutes or till mixture thickens and mounds when beaters are lifted out of egg mixture. Place pan in larger pan or sink of ice water. Continue beating for 2 to 3 minutes or till mixture is cool. Beat whipping cream just till soft peaks form; fold into egg yolk mixture. Turn into storage container; label and freeze. Remove from freezer to picnic cooler. Let thaw in refrigerator or picnic cooler 1½ to 2 hours; stir gently and spoon over fruit. Garnish with chocolate. Serves 6.

**To prevent the fruit from darkening after it has been sliced, dip it in a mixture of water and lemon juice or ascorbic acid color keeper.

Good mornings.



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FRIGIDAIRE
HERE TODAY, HERE TOMORROW.

One of the White Consolidated Industries.

In 1936, newlyweds Fred and Virginia Heckl bought a Faribo wool blanket. 43 years later, it caused a problem.



It seems the binding wore out. So we sent new binding and Mrs. Heckl sent back this letter: "The Faribo blanket I will put the new binding on was purchased in 1936 at Marshall Field. Through repeated washings, the blanket looks and still is great."

Virginia M. Heckl
Calumet City, Illinois

How old is your Faribo blanket?

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EQUIPMENT

A labor-saving laundry

The old butler's pantry in Sue and Joel Sherman's 1920s home made a perfect hideaway for their washer and dryer. The pantry is just a step away from their kitchen—a much handier location than the basement, where the laundry used to be.



Photographs: Maris/Semel. Design: Judith Ross, Trade Winds, Inc. Field editor: Estelle Bond Guralnick

When it's time to do the wash, the Shermans' new laundry room makes the job as easy as possible. Open shelves on one side of the room keep laundry supplies within reach; cleaning supplies are safely stored in the upper cabinets across the way. The broad laminate counter that stretches the length of the room supplies plenty of folding space for freshly laundered clothes and towels.

The laundry room also houses auxiliary kitchen appliances. The Shermans' new trash masher and ice maker are located under the counter opposite the washer and dryer.

Because they loved the feeling of the original room, the Shermans tried to preserve much of the original architecture. They warmed the walls with flowered wallpaper and chose "random pegged" white vinyl for the floor.

Never underestimate the cleaning power of a 94 year old chick with a French name.



The most famous chick in America.

Bon Ami.

You see it on every can, with the slogan — "Hasn't scratched yet." That's been our story for 94 years.

It's the reason why people who own good things wouldn't dare clean them with anything but Bon Ami.

Bon Ami is tough. Not rough.

Harsh cleansers scratch stains away.

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Tender loving care for people who care. About their sinks & tubs. Their appliances. Their stoves & ovens. Their cookware.

No wonder companies like Corning recommend Bon Ami.

Isn't it about time you got the most famous chick in America to do your cleaning?

Photo: Pesin

"WE'D NEVER PUT OUR BROWNIES IN A LITTLE TIN BOX."

Carole Levine, Brownie Troop Leader.

As you can see, the leaders of Brownie Troop #1900 in Los Angeles have a lot of responsibility. So when it came to choosing troop transportation, they were very tough cookies.

As one of them puts it, "I must have frustrated half the car salesmen in southern California looking for the right station wagon. The ones I looked at were so small and tinny. No way would I ever feel safe driving a bunch of girls around in any of them."

One by one, each of these Brownie leaders ended up at a Volvo dealer. And today, Troop #1900 travels around in a Volvo wagon train.

According to one of the other leaders, "I was sold on the Volvo wagon the minute I saw it. I knew the girls would fit very comfortably inside and there would be plenty of room left for their gear. When I drove the Volvo, it wasn't all over the road like other wagons I'd driven. It offered great visibility. And it just plain felt solid and safe."

If you're looking for a station wagon you can feel good about putting your kids in, join Troop #1900. Buy a Volvo.

VOLVO
A car you can believe in.



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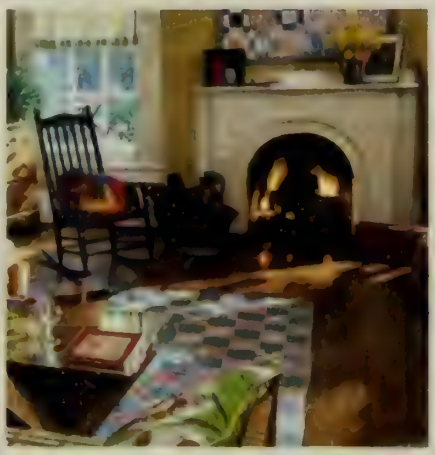
Not to be construed as an endorsement by the Girl Scouts of the U.S.A. or any of its councils or members.

Personality Decorating

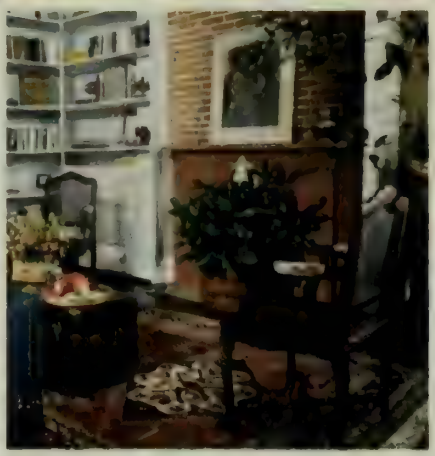
HOW TO MAKE YOUR HOME SAY YOU

By Laurel Lund









Turning a house into a home involves more than selecting a color scheme and choosing the style and status of your furnishings. It's how much of yourself you put into a room that counts. Just as the clothes we wear and the accessories we choose reveal much about our personalities, the rooms we live in can reflect our values, tastes, and interests.

In our travels across the country, we often see homes that are so warm, inviting, and full of personality that we want to share them with you. Here we invite you to visit four such homes. Each not only functions to fit the family's life-style, but also bears the owner's personal stamp. In addition, the homes provide practical and adaptable solutions to some common decorating problems.

Come along and you'll see why we decided these personalized homes were too good to keep to ourselves.





Photographs: Jessie Walker. Design: Jim and Margot Ladwig

Personality Decorating



LET OLD AND NEW RUB SHOULDERS

The couple that reside in this turn-of-the-century house fell in love with it at first sight. The structure was not only spacious enough for their young, active family, but the home's unique architecture provided the perfect backdrop for a mixed bag of furnishings and collectibles.

The couple's personal sense of style is most apparent in their brave blend of old and new furnishings. Contemporary seating pieces were selected for comfort, while old quilts, antique toys, and American primitives were used to spice up the space.

To provide a neutral setting for the couple's extensive collections and emphasize the amply proportioned living area, the walls and woodwork were painted space-expanding white. Lovely old window moldings were minimally dressed to highlight the architecture.

Although the room's generous size was an asset, it also made furniture arrangement a challenge. Instead of merely filling up space with lots of unnecessary furniture, the pair selected a few well-designed pieces that command attention. A contemporary sofa and a pair of love seats, all upholstered in tailored gray flannel, form a U-shaped conversation grouping in front of the fireplace (not shown). A sleek glass-topped coffee table and an Oriental area rug anchor the seating arrangement.

The family's collectibles run the gamut from country to contemporary. After combing the countryside flea markets, garage sales, and auctions, the couple have amassed a lovely collection of baskets, quilts, and antique toys. Built-in shelving on the window wall showcases some of their prized possessions. Other pieces, including a wooden toy Ferris wheel, rest on a massive mahogany table behind the sofa.

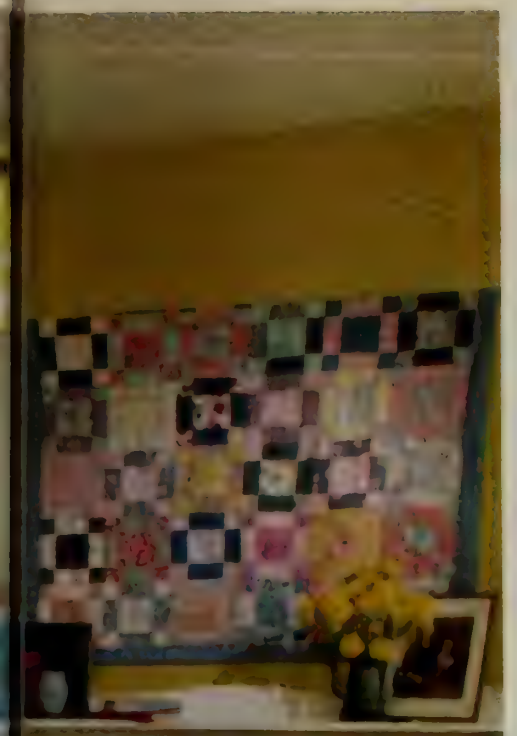
Contemporary art also helps add life to the space. A wooden horse-and-ballerina sculpture becomes the focal point of the room. Art prints punctuate the walls with color.

The couple's sleeping quarters *(above)* also reflect a masterful mix of old and new. A red, white, and blue cotton coverlet, circa 1840, is right at home with the contemporary platform bed designed by the homeowner. Sandwiched between an antique Eastlake secretary and a Shaker ladder-back is a Scandinavian chair.

To highlight the couple's collectibles, walls are painted a rich red.

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DECIDE





Photographs: Jim Hedrich, Hedrich-Blessing. Design: Ginger McDowell, ASID. Field editor: Bonnie Warren Crone

Personality Decorating



WAKE UP A ROOM WITH WHIMSICAL TOUCHES

You needn't spend a fortune to create room schemes that work. To turn this Victorian-era house into a home, the owner employed some delightful, dollar-stretching decorating ideas. She purchased flea market furniture at next-to-nothing prices, used furnishings out of context, and decorated with inexpensive paint and pattern. Then, she tied these design elements together with a wonderful sense of whimsy.

This sun-filled family room reflects her personalized decorating approach. Mellow old oak plank floors were refinished to their original beauty. Walls were enlivened with luscious lemon-peel-color paint. The window woodwork, moldings, and fireplace mantel were painted white.

By using furnishings in unexpected ways, the owner stamped each room as her own. For example, she turned an old quilt in soft sherbet tones into an area rug. (The quilt is shielded from wear and tear by an ingenious furniture arrangement: the wicker sofa is right-angled to the wall, so room traffic is forced to flow *around,* not through, the conversation area.)

In place of expensive art work above the mantel, there's a wall-mounted quilt. A walnut armoire, once used for wardrobe storage, is now the focal point of the room. The beautiful old piece provides display space for a delightful collection of calico animals, quilts, and American primitives. A bedroom dresser now serves as an odds 'n ends storage piece.

Even the homeowner's collectibles are used out of context to provide clever storage solutions: An old tin washtub corrals firewood; baskets and teapots double as vases for casually arranged flowers; and a vintage tea tin stores bread for snacking.

Warmth and hospitality radiate from this inviting entryway-turned-sitting room *(above).* Dark blue paint covers the walls, and white painted woodwork defines the architecture.

Furnishings gathered from garage sales and country auctions were recycled to fit the homeowner's needs. A secondhand sofa was brought to life with sunny floral chintz fabric. Matching material was used to fashion the decorative corner screen and softly draped cloth for the circular table.

A child's antique trunk serves as a coffee table. The low-profile chest is an old dining buffet with the legs cut to size. And a refurbished china cabinet *sans* china displays collectibles.

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The Pedestrian Experience



Photographs: Maris/Semel. Design: Corinne Appleby. Architect: Jimmy Means. Field editor: Ruth Reiter.

Personality Decorating



SURROUND YOURSELF WITH THINGS YOU LOVE

Designing and decorating this home was a labor of love for its owners. The couple wanted their home to reflect the graciousness of a French country manor, yet they also needed a functional home with ample space for entertaining their friends and pursuing personal interests.

To capture the country French flavor, the owners salvaged building materials from an old house scheduled for razing. Then they used the original ceiling beams and flooring to add character to their new home. Rough plaster walls and the fireplace mantel were whitewashed. Wide plank wood flooring, garnered from the old house, was carefully installed in the living room. Small-paned windows, set into arched niches, were left undressed; exterior shutters are controlled from the living area to regulate privacy and light.

Because the built-in bookcases and window casings do not extend to the ceiling, the room height seems lower than it actually is.

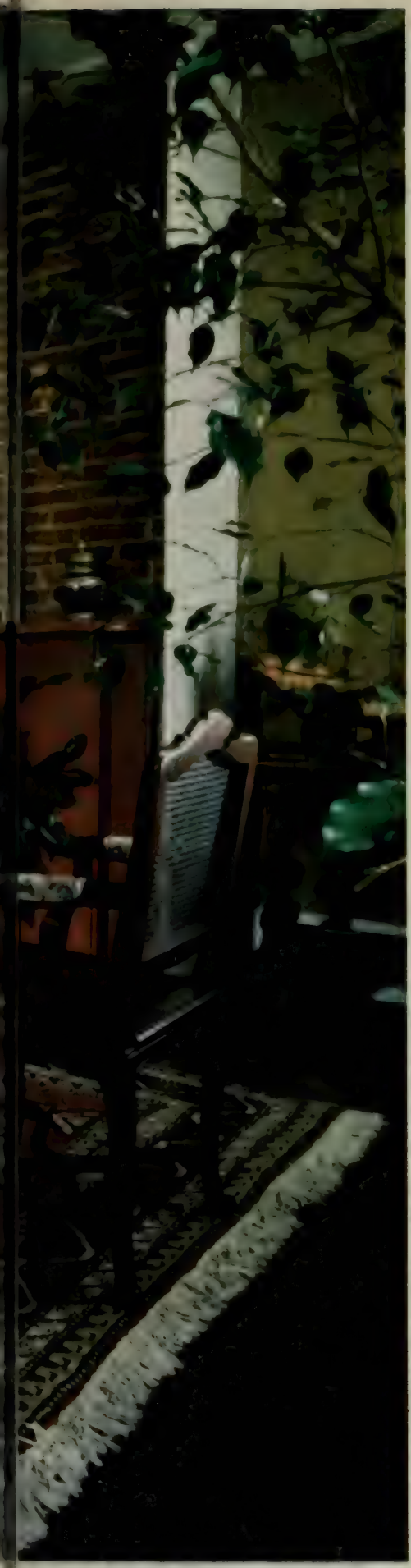
The home reflects the warmth and charm of its owners because they surrounded themselves with things they love. Behind the sofa, a large English oak table displays the family's collection of porcelain (and directs traffic flow around the conversation area). A small-scale French desk helps organize household activities.

The couple chose furniture that was elegant enough for formal entertaining, yet sturdy enough to withstand everyday use. The seating pieces have stay-in-style good looks, and are covered in easy-care fabrics. The furniture is flexible, too; it can be arranged to accommodate four or 40.

The dining room *(above)*, which adjoins the living area, is a perfect example of how the couple used formal furniture functionally. A pair of upholstered chairs near the window provides cozy garden-view seating. Nearby, four wood frame French-style chairs tuck neatly beneath a contemporary glass-topped table that's used for casual dining or family gatherings. At the opposite end of the room is an antique table that can accommodate eight dinner guests, or extend to serve 18. (The glass-topped game table can be drafted for additional dinner guests.) The large 18th-century buffet does double duty: during the day, the open hutch shelving displays more of the couple's porcelain collection; in the evening the unit becomes a handy buffet-bar.

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Photographs: Ross Chapple. Design: Pamela Hughes and Company. Field editor: Eileen A. Deymier

Personality Decorating



EXPRESS YOURSELF WITH COLOR

The interior of this handsome urban brownstone sums up its owner's creative and highly personal approach to decorating: He called on simplicity, surprise use of color, and a subtle blend of furniture styles to transform an aging house into a home.

Refurbishing the timeworn building and turning it into a lovely, highly livable retreat was a challenge. Interior space was divided into a maze of small and awkwardly shaped rooms. Instead of ripping out walls to redefine space, the homeowner used bold color to give each room an eye-popping personality.

The upstairs family room *(left)* is decorated in a style typical of the owner's taste. With the exception of a handsome Oriental area rug in coral and blue tones, the oak plank floors are left uncovered to highlight their mellow wood tones.

Color was used to create a dramatic backdrop for a blend of furniture styles and highlight the lovely old architecture. The fireplace was painted a luscious coral to match the brick chimney and unify the small slice of space. An adjacent wall was painted a camel tone for color contrast. A built-in wall of shelving, painted white, highlights the owner's books and collectibles. (Closed units below the shelves hide stereo equipment.)

In lieu of expensive formal-style furniture, the owner selected pieces for their functionality, simplicity of styling, and comfort. An old sofa with timeless good looks was slipcovered with inexpensive navy blue fabric. A pair of lightweight French-style chairs supplements sofa seating without gobbling up visual space. A second-hand trunk, lacquered dark green, serves as a coffee table.

Daring use of color is clearly the key to the success of the combination guest room/home office *(above)*. Lush hunter green walls create a dramatic background for a fun mix of furniture styles. A chrome and cane chair and a clean-lined sofa covered with sturdy beige canvas provide comfortable contemporary seating. An antique roll-top desk adds a note of nostalgia, while a simple wicker trunk serves as a coffee table and helps anchor the room arrangement.

Window moldings, baseboards, and a built-in book niche are painted white to outline architectural detailing against the dark green walls. Windows are minimally dressed in natural-stain-finish louvered shutters to further accentuate the architecture. And floors were sanded, stained, and given a coat of polyurethane to restore their beauty.

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Miniature African Violets

beauty for small spaces

By Beverly Garrett and Steven Coulter

You can get a lot of color in very little space when you grow miniature African violets. Even at maturity, a true miniature never achieves a spread of more than six inches. If you only have room for half a dozen standard-sized African violets, you can grow two dozen miniatures in that same space.

And your choice of colors and types is tremendous. Shown here, from left to right, is just a sampling: Coco, Sunbonnet Baby, Sarita, and Cherry Hill. To appreciate just how small the plants are, compare them with the normal-sized sugar cubes to the left of the tray.

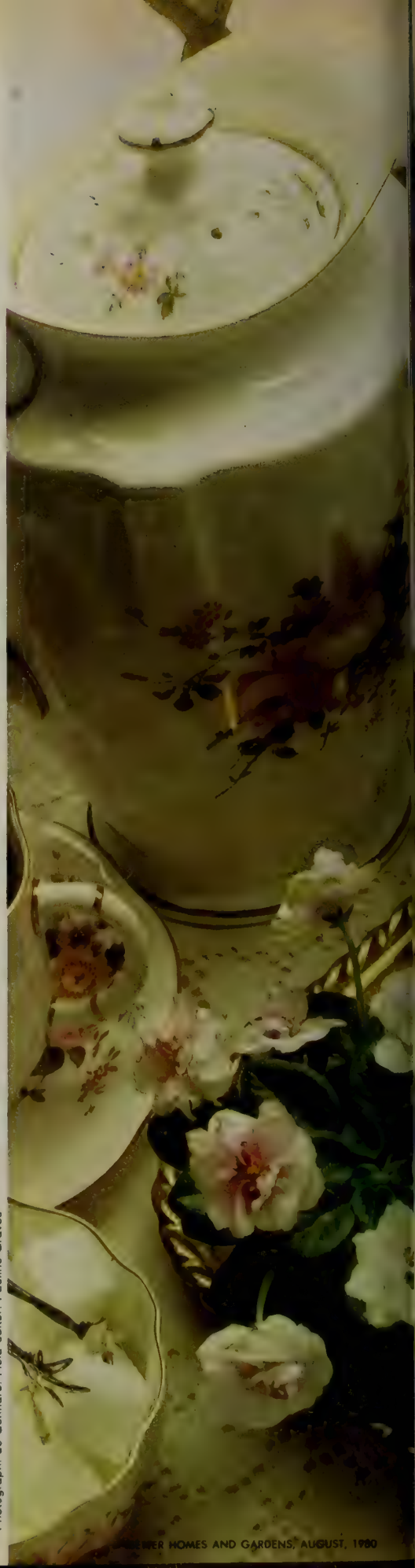
How to grow African violets

Adequate light is essential; without it, your African violets won't bloom. An eastern exposure or morning sun is best. During summer, when the sun is stronger, move the plants to a northern window or reduce the intensity of direct sunlight with sheer curtains.

Water your African violets with lukewarm water as soon as the soil surface feels dry. Or, use a wick extending from the bottom drainage hole in each pot to give each plant a steady, reliable source of moisture. Place the pots atop pebbles or a grid in a tray kept filled with room-temperature water. Be sure the wicks are down in the water. This prevents over- or underwatering, and reduces the possibility of crown rot. Watering from the bottom also increases the humidity.

African violets must be in porous soil. Use a commercial potting mixture designed for African violets, or make your own from equal parts of coarse sand or perlite, rich loam soil, and peat moss or leaf mold.

To obtain regular waves of flowers throughout the year, feed your plants with fertilizer especially formulated for African violets. Propagate your miniatures by rooting leaf cuttings in moist sand or vermiculite for six weeks in strong, indirect light. Cover the cuttings by pulling a clear plastic bag down over a couple of bamboo stakes stuck into the edges of the soil. This will help maintain proper humidity. Don't let the plastic touch the leaves, or rot may develop at the point of contact. Pot up the rooted cuttings in individual 2¼-inch pots. Leaves can also be rooted in water, but the tender roots will be brittle and may snap off during potting if not handled carefully.



Photograph: de Gennaro. Field editor: Pauline Graves



GRAND OPENING OF A LITTLE OLD HOUSE

By Greg Erickson



The owners of the little old house in question liked its convenient location and friendly neighborhood, but they realized some revisions were called for. The exterior of the house needed only a slight updating, but the interior required some more sweeping changes: The homeowners were tired of opening and closing the many doors and knocking around the maze of dreary little rooms.

By confining the outside face-lift to the windows and front porch, the owners were able to preserve the pleasant Spanish styling of their house. Inside, they removed a whole truckload of doors, a few walls, and a ceiling or two. The result of the opening is, as you see, grand.

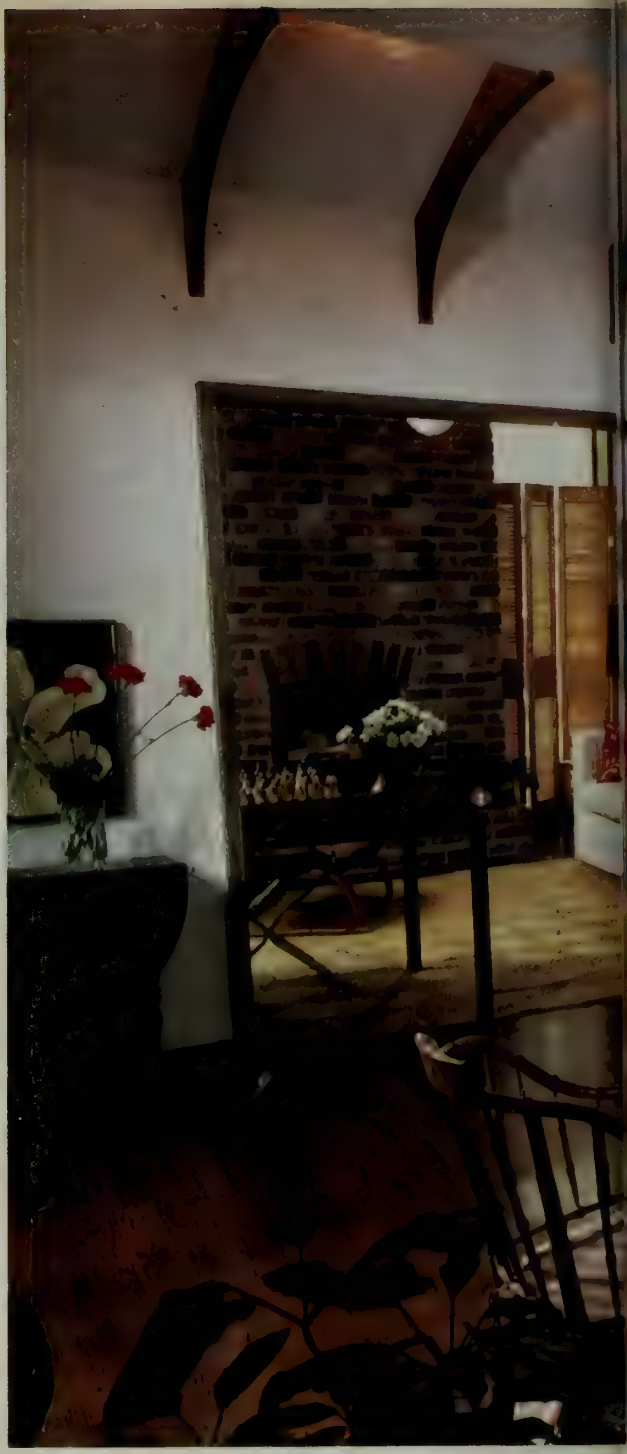
The exterior view, *above,* shows the results of "opening up" the house with glass. The tall panels and trapezoidal window at the side and all the windows in front are much larger than those they replaced. The porch used to be open on three sides: There was an arched entrance on the left, another on the right, and three more in front. The shape of the side arches was not changed during the remodeling; glass was simply cut to fit the curves. But in front the arches were squared off, and two vertical glass panels and a double door were installed.

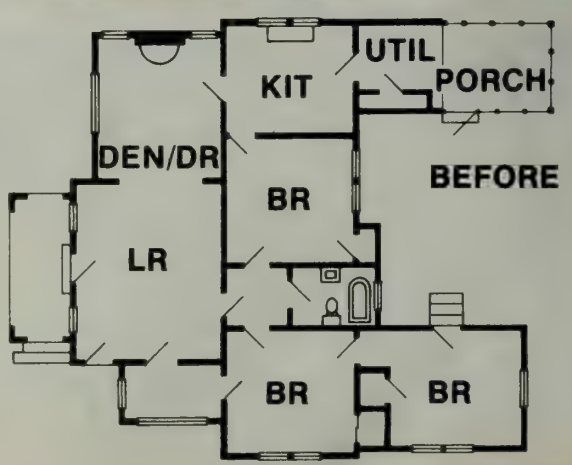
The big windows brighten things up considerably. And the enclosed porch, which is now a usable extension of the living room, contributes to a new feeling of spaciousness.

The living room ceiling, which used to be coved, has been modernized, *right.* The rounded plaster is gone, new drywall is up, and cedar pieces are set into notches between the ceiling and the walls. Bare-bulb lights create a warm glow all around the room.

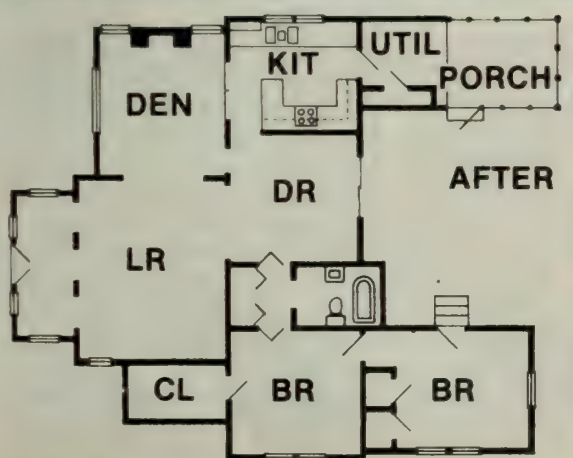
To make the most of their new foyer, *bottom right,* the owners cut openings into the wall at either side of the original living room doorway. All three openings were left doorless. The view into the foyer and den makes the living room look much larger than its actual size: only 14x17 feet.

If you look closely at the before and after plans, you'll see that the remodeled house now has one less bedroom. The homeowners will make do with two bedrooms until completion of a large rear addition. It will include a spacious master bedroom, new utility room, and gallery.





Photographs: Maris/Semel. Architect: Eugene Cizek, AIA. Field editor: Bonnie Warren Crone









GRAND OPENING

OF A LITTLE OLD HOUSE

Although the homeowners temporarily lost a bedroom, they gained a formal dining area. As a result, the room *above,* which used to do double duty as a den and dining room, now can function full time as a den.

From this point in the den, you're looking at the front and side windows that you saw in the exterior photo. Simple wooden shutters provide privacy and shield the room from sunlight without blocking the full height of the tall windows. The heart-pine beams were exposed when the ceiling line was changed from horizontal to this slope, which follows the roof line of the house. The ceiling fan creates a cool breeze throughout the room.

The den's fireplace used to be an eyesore because its masonry was covered with dingy stucco. By chipping away the stucco and replacing it with new brick, the homeowners turned the fireplace into a focal point.

As you first step into the kitchen, *above,* you see red and little else. The vibrant color grabs your atten-



tion and doesn't let go for a few minutes. But then you start to notice all the details that make this room as functional as it is colorful.

One of the more interesting features of the room—something that you can probably adapt to your own kitchen—is the storage wall at the far end. It utilizes spaces between the wall studs that were exposed when the homeowners tore away the plaster. Shallow glass shelves handily store bar supplies without subtracting any valuable floor space. Adjustable shelf standards and supports mounted on the sides of the studs allow the shelves to be raised and lowered with ease to accommodate changing storage needs. Large mirrors were cut to fit behind the shelves. The left-hand opening in the stud-wall storage system holds wine bottles. Holes were bored into the stud to accept the bottle necks.

Above the shelves is a pegboard panel that keeps pots and pans easy to reach yet out of the way; to the right is a bulletin board. Cedar strips frame the storage area. Flanking the storage wall are converted gun cabinets, which are used to store and display additional kitchen supplies. The original glass of the cabinet doors was replaced by bronze-tinted glass panels.

The little peninsula to the right of the range has its own sink, which proves indispensable whenever a couple of cooks are at work. Cook books are stored in the shelves that support the top of the peninsula.

The counter tops throughout the kitchen are slate, an extremely durable work surface. The color of the slate complements the pine flooring and the red-stained wood of the cabinetry.

Buying information, page 148

ONE AND ONE MAKES *three*

BY MARGARET McMAHON AND STACEY SMITH



What if you only have two sets of dinnerware—one formal and one everyday? Does your choice in table settings narrow down to two? Not at all! Your options are practically endless if you mix your two sets of dinnerware in varying combinations and prop them with apt (or surprising) accessories to carry out your themes. To demonstrate, we'll show you how we parlayed two dinnerware sets into three dramatically different table settings.



Our three tables are set for a posh dinner, a country breakfast buffet, and a coffee-table dessert. What inspired the formal setting, *left*, was the appetizing painting of lush fruits. We brought it to life in a good-enough-to-eat centerpiece and underscored the rich look with antique linens. To establish a warm country atmosphere for our buffet breakfast, *above right*, we called on natural textures and nostalgic accessories—a reproduction weather vane and a nineteenth-century toy chair. And we twined handmade paper flowers around floral napkins for more country flavor. Our coffee table, *below right*, makes a striking contrast, though we were still working with the same sets of dinnerware. To make the table totally contemporary, we used crisp solid-color chintzes, filled a handwoven cloth basket with brilliant flowers, and punctuated the table with cheerful little china birds.

Dinnerware with green band: "Ming Green" Mikasa. Floral dinnerware: "Summer Palace" Spode. Sterling flatware: "Burgundy" Reed & Barton. Stainless Flatware: "Hamilton" Towle. Crystal glassware: "Milano" Villeroy & Boch. Informal glassware: "Canterbury II" Tiffin.

Buying information, page 148

Photographs: Bradley Olman





A COOK'S CATALOG OF FRESH SUMMER VEGETABLES

By Marlene Brown

The time is ripe for experimenting with fresh vegetables—and you may even come up with some new favorites! With our bushelful of versatile new vegetable recipes, you can take advantage of what's plentiful and at its flavor peak—whatever the season. That's because each recipe offers you a wide variety of interchangeable vegetable options. There are hot and cold appetizers and salads, bountiful main dishes, and unique side dish recipes that will make "garden variety" vegetables more delicious than you ever thought they could be. What's more, you'll find a capsulized catalog of tips (starting on page 104) to help you purchase and prepare the most popular vegetables to perfection. And, beginning on page 100, you can acquaint yourself with some lesser known vegetable varieties.



Salads and Appetizers

These fresh-looking (and fresh-tasting) appetizers and salads aren't just for summer because they can be made with a world of different vegetables.

Farmer's Market Fondue *(back center)* is a cheese-wine sauce that you present in a bread "bowl." Serve the warm sauce with vegetable dippers like fresh mushrooms, carrots, zucchini, and yellow squash, or crisp-cooked beets or broccoli.

An Oriental steamer full of **Wonton Chicken Salad** *(back right)* features crispy fried wonton strips, chicken pieces, and mandarin oranges with your favorite greens. Some of your options include spinach, romaine, watercress, mustard greens, endive, and kale.

To fill the **Three-Vegetable Pie** *(front right)*, we used carrots, beets, and broccoli, but you might choose other components. Blend each with cheese and ripe olives, then alternate the vegetables in the pastry crust. Top the pie with latticed pastry, and you have a spectacular addition to your hors d'oeuvre table.

You can batter-fry favorites such as sweet potatoes, cucumber, eggplant, and green pepper to make our **Vegetable Tempura** *(front left)*. The **Garbanzo Bean Dip,** made from garbanzos, yogurt, and a tinge of garlic, mixes quickly in a blender or food processor.

For **Green Thumb Cabbage Slaw** *(center left)*, you can choose from four kinds of cabbage, several greens, and a variety of other vegetables. We used red and savoy cabbage, romaine, and turnip sticks for the slaw pictured. For an extra-pretty presentation, line the salad bowl with ruffly greens.

Recipes begin on page 112.

Photographs de Gennaro
Food stylist Mable Hoffman



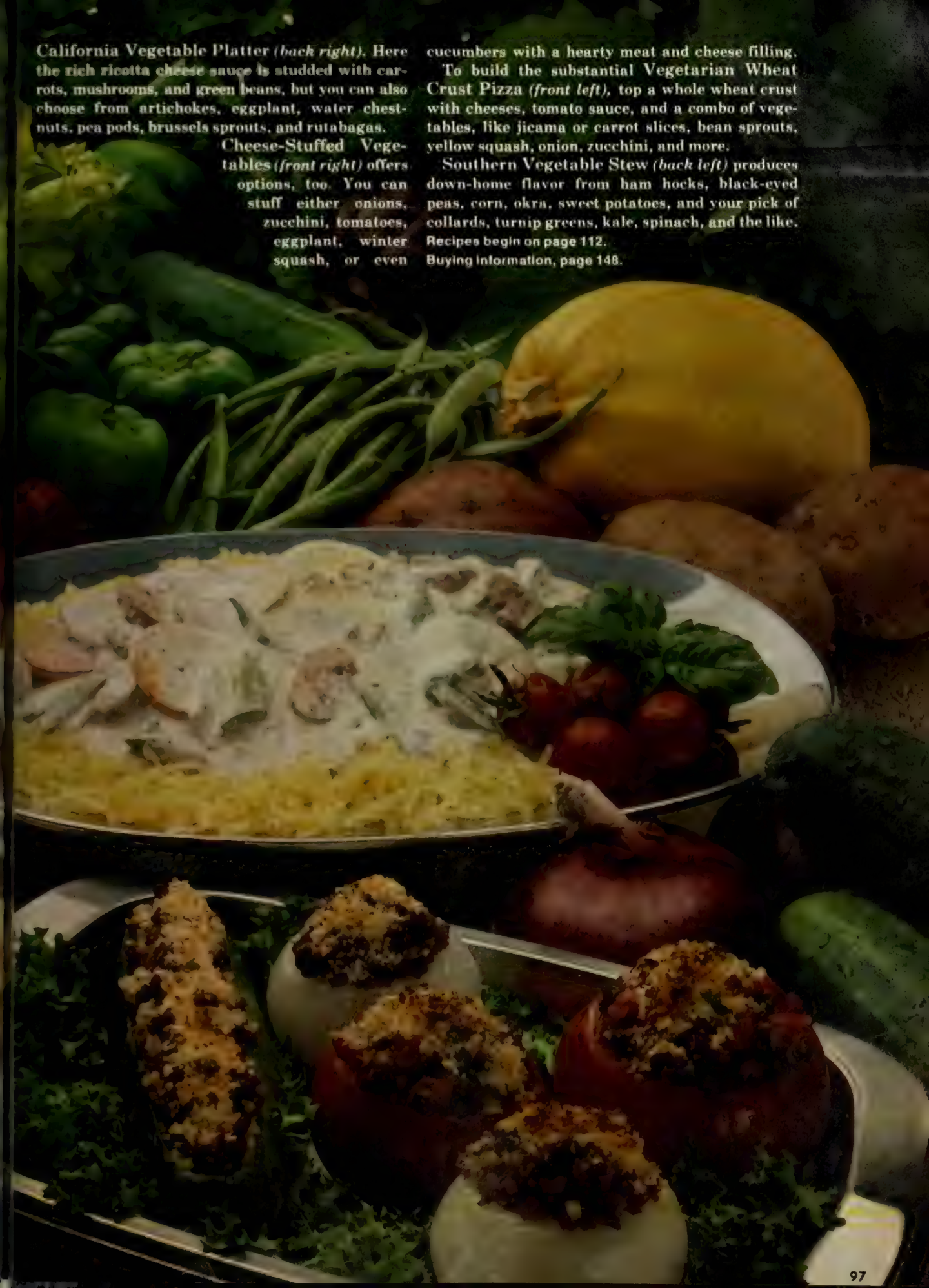
FRESH SUMMER VEGETABLES

Entrées

As a welcome change of pace, make fresh vegetables the main dish attractions in your menus. You can create sensational entrées by teaming your favorite vegetables not only with meats, poultry, and fish, but with other proteins such as beans, eggs, and cheese. Here are some delicious examples.

Strands of cooked yellow spaghetti squash provide the "pasta" base for





California Vegetable Platter *(back right)*. Here the rich ricotta cheese sauce is studded with carrots, mushrooms, and green beans, but you can also choose from artichokes, eggplant, water chestnuts, pea pods, brussels sprouts, and rutabagas.

Cheese-Stuffed Vegetables *(front right)* offers options, too. You can stuff either onions, zucchini, tomatoes, eggplant, winter squash, or even cucumbers with a hearty meat and cheese filling.

To build the substantial **Vegetarian Wheat Crust Pizza** *(front left)*, top a whole wheat crust with cheeses, tomato sauce, and a combo of vegetables, like jicama or carrot slices, bean sprouts, yellow squash, onion, zucchini, and more.

Southern Vegetable Stew *(back left)* produces down-home flavor from ham hocks, black-eyed peas, corn, okra, sweet potatoes, and your pick of collards, turnip greens, kale, spinach, and the like.

Recipes begin on page 112.
Buying information, page 148.

Fresh Summer Vegetables

Side Dishes

If you take advantage of the best vegetable buys of the season, you can devise some smashingly different side dishes for your table year round. Try a new vegetable option every time you make these recipes—your side dishes will never be the same twice.

Five colorful vegetables star in **Napa-Style Marinated Vegetables** *(back right)*, a dramatic wine-marinated multilayered salad. We used brussels sprouts, cauliflowerets, yellow squash sticks, cucumbers, and cherry tomatoes,



but why not try okra, asparagus, or green beans?

Subtly seasoned **Yogurt Vegetable Potage** *(front right)* is based on yogurt, chicken broth, and light cream, and features a fresh vegetable such as broccoli, artichoke hearts, beets, and parsnips, or greens like parsley or lettuce. Whir the mixture to a smooth finish in the blender or processor, and serve the creamy soup hot or chilled.

Molded **Vegetables in Aspic** *(front left)* features egg slices and crisp fresh vegetables suspended in flavorful tomato aspic, studded with asparagus cuts. Some interchangeable options include shredded cabbage, peas, bean sprouts, garbanzos, or other beans, and green peppers.

Polynesian-Style Vegetables *(back left)* gives nearly any vegetable combo the taste of the islands. The sauce with pineapple, soy, and gingerroot will complement brussels sprouts, cauliflower, green beans, snap peas, and zucchini, to name a few.

Recipes begin on page 112.

Buying Information, page 148



Fresh Summer Vegetables

A Guide To New And Old Vegetable Favorites

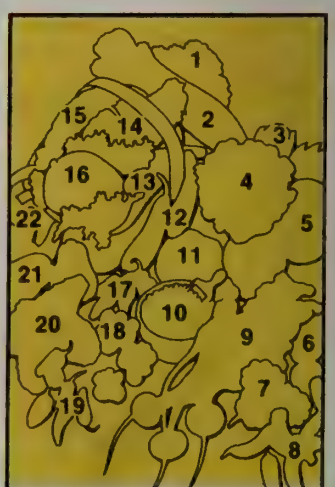
How can you choose the best buys from the wide variety of vegetables available from summer through fall, winter, and spring? You need to develop a sharp eye that can detect the signs of just-picked freshness —and the symptoms of under- and overripeness. For starters, check the photo *below left* of some uncommon—and uncommonly good—vegetables. The identifying numbers on the inset diagram *below* match numbers in the key. Then turn to our year-round vegetable catalog on page 104 for all the facts you need on the most popular varieties.



Key

1. **Curly endive**—This frilly leafed lettuce has a slightly bitter flavor.
2. **Bok choy**—An Oriental vegetable, bok choy looks like a plump stalk of celery, with white stalks and green leaves, and a cabbagelike flavor.
3. **Artichokes** (See p. 104.)
4. **Savoy cabbage,** and 5. **Red cabbage** (See Cabbage, p. 105.)
6. **New potatoes** (See Potatoes, p. 106.)
7. **Pattypan squash** (See Summer squash, p. 106.)
8. **Okra** (See p. 106.)
9. **Beets with greens** (See Beets, p. 104.)
10. **Black-eyed peas** (See Peas, p. 106.)
11. **Jicama**—Pronounced hik-AH-ma, this potatolike vegetable has a rough, dull brown skin and a white interior.
12. **Yellow crookneck squash** (See Summer squash, p. 106.)
13. **Parsnips**—Parsnips are shaped like carrots, but have a potatolike flavor.

continued



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continued

Summer vegetables

14. **Chinese (napa) cabbage** (See Cabbage, p. 105.)
15. **Red Swiss chard**—Like rhubarb, chard has large leaves with heavy midribs that can be bright red or green.
16. **Spaghetti squash** (See Summer squash, p. 106.)
17. **Yellow chili peppers** (See Peppers, p. 106.)
18. **Gingerroot**—Though not technically a vegetable, this gnarled, brown root is used in small amounts to add spicy flavor to many dishes.
19. **Red sweet peppers** (See Peppers, p. 106.)
20. **Nopals**—Also known as *Nopalitos,* these are the leaves of the nopal cactus, eaten by Mexicans as a vegetable. Cactus pads are similar in flavor to green beans but have a firmer texture.
21. **Chayote**—Chayotes (pronounced chy-OH-tees) are actually edible gourds. They have a delicate flavor that's similar to squash.
22. **Zucchini** (See Summer squash, p. 106.)

Vegetable catalog

ARTICHOKES

Selecting: Choose heavy artichokes with large, fresh, tightly packed leaves. Size is not an indicator of quality. Brown spots are signs of old age.

Special handling: Store unwashed in the refrigerator crisper. Before cooking, wash, trim stems, cut off 1 inch of the tops, snip off sharp leaf tips, and brush cut edges with lemon juice.

ASPARAGUS

Selecting: Look for straight, slender stalks and compact buds. Avoid asparagus that is discolored or has loose buds or wilted stalks.

Special handling: Refrigerate, covered, in the crisper for no more than a few days. To prepare, wash and cut off woody ends.

BEANS

Types available: Green snap or string beans, yellow wax beans, lima beans, or fava beans.

Selecting: When buying green or yellow beans, look for long, straight pods that are so fresh they'll snap easily. Pods should be bright green or yellow and unblemished and firm. Those that have ridges or bulges will be overripe and tough. Lima or fava beans should have well-filled pods and a dark green color. Fava pods are shaped like limas but are thicker and slightly larger. The shelled beans should be plump with a tender green or greenish white skin.

BEETS

Selecting: Whether with or without their leafy tops, fresh beets should have a smooth, globular shape and rich red color. Beets that are oversized, soft, or shriveled will be tough. Appearance of the beet tops does not affect the quality of the roots. To use the greens, see Greens (page 105).

Special handling: Store beets in the refrigerator crisper up to a few days. Cook them unpeeled.

BROCCOLI

Selecting: The best broccoli will have tightly closed buds that are deep green to purplish, with firm stalks bearing crisp leaves. Bypass broccoli



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m... so delicious!

On the left, a plain chocolate cream pie. On the right, a luscious Chocolate Dream Pie. It's made with Dream Whip® Whipped Topping Mix, extra Jell-O® Brand Instant Pudding, and milk. That makes the creamy light difference.

Dream Pie is easy to make because you use Jell-O Instant Pudding, so there's nothing to cook. And best of all, you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn your plain cream pies into higher, lighter, creamy Dream Pies.

GENERAL FOODS

that has an abundance of yellow flowers or blemished stalks.

Special handling: Store broccoli, tightly wrapped, in the refrigerator crisper for no more than a few days. To prepare, wash; remove the outer leaves and tough portions of the stalks.

BRUSSELS SPROUTS

Selecting: Fresh young brussels sprouts look like miniature cabbages. Choose sprouts that are small to medium-sized and firm with tightly packed leaves and a healthy green color. Stay away from shriveled, soft, or yellowed varieties.

CABBAGE

Types available: Green, red, savoy, and Chinese cabbage.

Selecting: Look for a tightly packed head (or stalk for Chinese cabbage) that is heavy for its size with undamaged leaves.

Special handling: Green or red cabbage can be stored, covered, for up to one or two weeks in the refrigerator crisper. Use savoy or Chinese cabbage within a few days.

CARROTS

Selecting: The best have a bright color, good shape, and firm texture. Avoid shriveled carrots and ones with large green or decayed areas at the top.

Special handling: Carrots are excellent keepers and can be stored, covered, without their tops for several weeks in your refrigerator crisper.

CAULIFLOWER

Selecting: The flowerets should be firm and compact with a creamy white color and no spots or bruises. If there are leaves on the head, they should be green. The size of the head is not an indicator of quality.

Special handling: To store cauliflower, sprinkle the leaves with water and refrigerate it in the crisper, tightly wrapped, for up to one week.

CORN

Selecting: Select ears that have bright green husks with pale yellow silk ends. If you're buying husked corn, look for plump, milky kernels. There should be no rows of missing kernels, or worm damage, or signs of decay. The kernels will be tough if they are large and deep yellow; underripe if they are very small.

Special handling: For best flavor, use fresh corn as soon as purchased. If you can't use it immediately, store it, unhusked, in the refrigerator crisper.

EGGPLANTS

Selecting: Eggplants at the peak of ripeness are firm with a rich purple color and glossy skin that ends in a green cap. Shape can vary from oval to globular. Choose small to medium-sized eggplants that are heavy for their size. Pass up those with soft spots, brown scars or bruises, or wrinkled skin.

Special handling: Refrigerate eggplant, covered, in your crisper for up to two weeks. To prepare eggplant, wash it and cut off the cap. Peel, if desired.

GREENS

Types available: Turnip greens, collards, mustard greens, beet greens, dandelion greens, kale, spinach, chard, and Swiss chard.

Selecting: Choose crisp, fresh-looking greens that are free from defects.

Special handling: Sprinkle greens with water; cover and chill. Use as soon as possible. To prepare greens, wash leaves in cool water to remove dirt and sand. Cut off roots; remove

continued



continued

Summer vegetables

damaged portions and large veins.

LETTUCE

Types available: Iceberg or head lettuce, leaf or red leaf lettuce, romaine, Bibb, escarole, endive, Boston butterhead, and watercress or garden cress.

Selecting: Choose lettuce with fresh-looking leaves that are free from rust marks or decay. Iceberg lettuce should be firm but not hard when squeezed. Leaf lettuce has green or red-tipped leaves clustered loosely around the stem.

Special handling: Remove discolored or wilted leaves and the core. To core iceberg lettuce, whack the stem end on a hard surface; twist the core and lift it out. Rinse lettuce under cold water; drain thoroughly. Store washed lettuce in a plastic bag in the refrigerator crisper.

MUSHROOMS

Selecting: Look for plump mushrooms that are free from brown spots and have closed caps around the stem. Mushrooms past their prime will have open veils, brownish caps, and a pithy texture. There's no quality difference between small and large mushrooms.

Special handling: Refrigerate unwashed in the original container or plastic bag up to two days, but use as soon as possible. Never soak mushrooms in water. Rinse briefly and dry with paper toweling just before use.

OKRA

Selecting: Pods can be smooth or ridged, and they vary in length. Color ranges from deep to light green. Choose fresh-looking pods and bypass ones that are dull or shriveled.

Special handling: Store okra in a plastic bag in the refrigerator crisper up to two weeks. To prepare okra, wash it and cut off the stems. Do not use an iron, copper, or tin utensil to cook okra or it will discolor.

ONIONS, LEEKS, AND SHALLOTS

Types available: Bermuda, yellow, white, or red onions, green onions or scallions, leeks, and shallots.

Selecting: Dry onions or shallots should be firm, thin-necked, and free from blemishes. Onions and shallots are white to deep red in color. Green onions and leeks should have firm white bulbs and kelly green tops.

Special handling: Store onions and shallots in a cool, dry place; peel them before using. Refrigerate green onions and leeks, covered, up to a week. Wash them to remove sand, then trim the roots and tops if desired.

PEAS

Types available: Green peas, snow peas, or pea pods, sugar snap peas, and black-eyed peas.

Selecting: Like fresh beans, peas should be so crisp that they snap when broken. Green pea pods should be bright green and well filled. Choose fresh black-eyed peas with crisp, full pods. For all varieties, avoid yellowish or swollen pods.

Special handling: Store peas in pods, covered, in refrigerator crisper, but use as soon as possible. Shell green peas and black-eyed peas before cooking; snow peas and sugar snaps should be cooked and eaten pod and all.

PEPPERS

Types available: Green or red bell peppers; yellow or green banana; red, green, or yellow chili; cayenne; and jalapeño peppers.

Selecting: Peppers vary widely in size, shape, and hotness. Bell peppers are mild and sweet; they can be green or red. Chili, cayenne, and jalapeño varieties are hot. Look for well-shaped, firm, thick-walled peppers. Avoid those that have soft spots or wrinkled skin.

Special handling: Store peppers in the refrigerator crisper up to a few days. Remove stems, seeds, and inner membranes of bell peppers or hot peppers before using them. Do not handle fresh or dried hot peppers with your bare hands; the oil can burn your eyes or skin.

POTATOES

Types available: Round white, round russet, russet Burbank, round red, and long white.

Selecting: Potato varieties range in shape from oblong to round, and in skin color from creamy beige to red and russet brown. Choose firm, smooth potatoes with shallow eyes. Avoid cut, sprouted, green, or blemished potatoes.

Special handling: Store potatoes in a cool, dark place. Be sure to puncture the skins before baking potatoes.

SPROUTS

Types available: Alfalfa sprouts, wheat sprouts, mung bean sprouts.

Selecting: Alfalfa and wheat sprouts should be bright green and fresh-looking. Bean sprouts should be crisp, plump, and white. Tips should not be dry. Reject yellowed or soggy sprouts.

Special handling: Store unwashed sprouts, covered, in your refrigerator crisper. Remove the roots, if desired; rinse the sprouts briefly and dry them on paper toweling.

SUMMER SQUASH

Types available: Zucchini, yellow crookneck, spaghetti, and pattypan.

Selecting: The rind should be tender enough to yield to gentle pressure. All types should be firm, fresh, and heavy for their size.

Special handling: Refrigerate squash in the crisper for one or two days. Wash the squash and cut off the ends, but do not peel before cooking.

SWEET POTATOES AND YAMS

Selecting: Skin color ranges from light yellow to orange to copper. "Yam" refers to a copper-skinned variety. Choose medium-sized sweet potatoes with a uniform, tapered shape; firm texture; and bright, clean skin. Bypass decayed, soft, or shriveled potatoes.

Special handling: See Potatoes (left).

TOMATOES

Selecting: Look for ripe, firm tomatoes that are unblemished and well shaped. Very soft tomatoes are overripe; hard tomatoes are immature.

Special handling: Tomatoes will continue to ripen if you place them out of direct light at 70-degree temperatures. Refrigerate fully ripe tomatoes in the crisper.

TURNIPS AND RUTABAGAS

Selecting: These vegetables should be smooth and firm. Turnips have a bulbous root, covered by a purple-collared white skin. Rutabagas are larger than turnips and have an elongated shape and tan skin. For turnip greens, see Greens (page 105).

Special handling: Remove greens from turnips. Store turnips and rutabagas in the refrigerator crisper for up to several months.

WINTER SQUASH

Types available: Acorn, butternut, banana, turban, Hubbard, and buttercup squash.

Selecting: Choose squashes that are heavy in proportion to their size with hard rinds that have no soft or watery areas. Color ranges from deep green to olive gray to bright yellow hues.

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The Lean American

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File under Poultry, fish, and eggs

Buying information, page 148

Egg Entrées

Mexican-Style Cheese Strata

Top honors go to this tasty and satisfying make-ahead entree—

4 cups cheese-flavored tortilla chips, broken
2 cups shredded Monterey Jack cheese (8 ounces)
6 beaten eggs
2½ cups milk
1 4-ounce can green chilies, drained, seeded, and chopped
¼ cup finely chopped onion
3 tablespoons catsup
½ teaspoon salt
¼ teaspoon bottled hot pepper sauce
Whole tortilla chips
Halved tomato slices

Sprinkle the broken tortilla chips evenly over the bottom of a greased 12x7x2-inch baking dish. Sprinkle with the cheese. In a medium bowl combine with rotary beater the eggs, milk, green chilies, onion, catsup, salt, and hot pepper sauce; pour over cheese in dish. Cover; refrigerate several hours or overnight. Bake, uncovered, in 325° oven for 50 to 55 minutes or till set and lightly browned. Garnish with whole tortilla chips and halved tomato slices. Makes 6 servings.

Mrs. Linda Allison, Manassas, Va.



File under Desserts

Photographs: Dieter

Summer Fruit Ideas

Pineapple-Crowned Fruit Pie

This three-layer fresh fruit pie topped with pineapple sauce takes first prize—

1¼ cups crushed graham crackers
¼ cup sugar
6 tablespoons butter *or* margarine, melted
2 medium bananas, sliced
Lemon juice
2 cups fresh strawberries, sliced, *or* other fresh fruit, sliced
2 teaspoons cornstarch
1 20-ounce can crushed pineapple
1 teaspoon vanilla
⅓ cup chopped walnuts

Combine crushed graham crackers and sugar; stir in melted butter or margarine till well blended. Press mixture evenly in a 9-inch pie plate, forming a high edge. Dip banana slices in lemon juice; arrange in a layer in piecrust. Top with sliced strawberries or desired fresh fruit. In saucepan blend cornstarch into **undrained** pineapple. Cook and stir over medium heat till thickened and bubbly; cook 1 minute longer. Add vanilla. Spoon hot pineapple mixture over top of pie. Chill several hours before serving, sprinkle with the nuts.

Cheryl Hiltebeitel, Richmond, Va.



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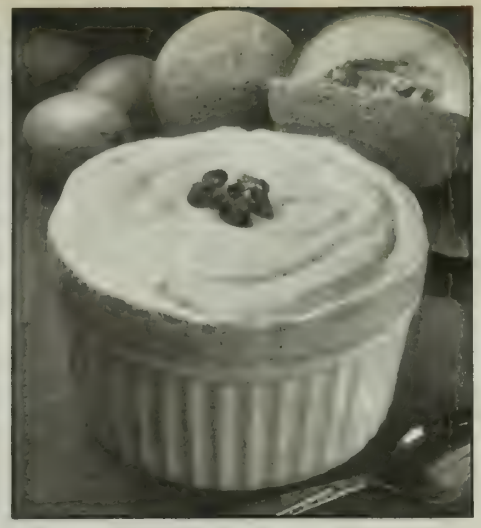


Raspberry Peach Napoleon

You can make this elegant dessert at any time of year—

2 tablespoons butter *or* margarine
¼ cup packed brown sugar
¼ cup powdered sugar
2 tablespoons orange juice
2 tablespoons lemon juice
3 medium ripe peaches *or* nectarines, peeled, pitted, and sliced, *or* one 16-ounce can sliced peaches, drained
1 cup fresh *or* frozen loose-pack raspberries, thawed and drained
¼ cup peach brandy
Vanilla ice cream

In a heavy 10-inch skillet melt butter or margarine; stir in brown sugar, powdered sugar, orange juice, and lemon juice. Cook and stir over medium heat till sugar dissolves and mixture bubbles. Stir in peaches or nectarines. Simmer, uncovered, 4 minutes or till fruit is just tender, stirring occasionally. Stir in raspberries and brandy; heat through. Serve hot over scoops of ice cream. Makes 2½ cups sauce.



Cantaloupe Soufflé

In saucepan combine ½ cup **milk;** ¼ cup **sugar;** 3 tablespoons **melon** or **orange liqueur;** 3 slightly beaten **egg yolks;** and ¼ teaspoon **salt;** sprinkle 2 envelopes **unflavored gelatin** over mixture. Let stand 5 minutes. Halve and seed 1 medium **cantaloupe** or small **honeydew melon;** cut off rind. Cut melon into chunks; place in blender along with 2 tablespoons **lemon juice.** Cover and process till pureed (should have 2 cups puree). Set aside. Cook and stir gelatin mixture over medium heat till mixture is thickened; cook 2 minutes more. Remove from heat. Fold in melon puree. Tint mixture a medium orange or green color with **food coloring.** Chill till mixture mounds. Meanwhile, in large mixer bowl beat 3 **egg whites** to soft peaks; gradually beat in ¼ cup **sugar,** beating to stiff peaks. Beat 1 cup **whipping cream** to soft peaks. Fold chilled melon mixture and whipped cream into whites. Turn into a 1-quart soufflé dish with foil collar; chill several hours or till firm. Remove collar. Garnish with mint, if desired. Serves 6 to 8.



Egg and Spinach Pie

Pastry for 2-crust 9-inch pie
2 10-ounce packages fresh spinach *or* Swiss chard, *or* two 10-ounce packages frozen chopped spinach
½ cup chopped onion
2 tablespoons cooking oil
½ teaspoon ground nutmeg
9 eggs
1 cup grated Parmesan cheese

On floured surface roll out **half** the pastry. Line a 9-inch pie plate with pastry; trim. Wash and chop fresh spinach. In Dutch oven cook spinach in a small amount of water, uncovered, till limp. (Or, cook frozen spinach according to package directions, omitting salt.) Drain; squeeze out excess liquid. Cook onion in hot oil till tender; stir in nutmeg. Combine **3** of the eggs, the cheese, and onion mixture; stir in spinach. Turn into crust. Make 6 wells in spinach mixture; break one of the remaining eggs into each well. Roll out remaining pastry. Place over filling; seal and flute edges. Cut slits; bake at 375° for 50 minutes. Let stand 10 minutes. Serves 6.



Eggs a la Suisse

In saucepan cook 3 tablespoons chopped **green pepper** and 2 tablespoons chopped **onion** in 2 tablespoons **butter** or **margarine** till tender. Blend in 2 tablespoons **all-purpose flour;** 1 tablespoon **horseradish mustard;** ¼ teaspoon **salt;** ⅛ teaspoon **pepper;** ⅛ teaspoon **dried oregano,** crushed; and ⅛ teaspoon **dried thyme,** crushed. Add 1 cup **milk;** cook and stir till mixture is bubbly. Cover and keep warm. Lightly grease a 10-inch skillet. In skillet heat 1½ inches **water** to boiling; reduce heat to simmer. Break 1 **egg** into a sauce dish; carefully slide egg into simmering water. Repeat with 5 more **eggs,** keeping them separate in the skillet. Simmer, uncovered, over low heat for 3 to 5 minutes to desired doneness. **(Do not let water boil.)** Meanwhile, split and toast 3 **English muffins** under broiler till lightly browned; divide 6 slices **Swiss cheese** (3 ounces) among muffin halves. Broil till cheese melts. When eggs are done, lift out with a slotted spoon; place each on a muffin half. Spoon sauce over each. Sprinkle **paprika** atop. Makes 6 servings.

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begins on page 94

Summer vegetables

FARMER'S MARKET FONDUE

We used fresh cauliflowerets, jicama chunks, whole okra, cucumber slices, and precooked sliced beets along with pumpernickel bread chunks for the dippers—

Vegetable options: *Choose any combination of the following—* canned artichoke hearts; sliced, peeled carrots or jicama; fresh whole cherry tomatoes, mushrooms, or radishes; sliced cucumber or zucchini; green pepper strips. *Precook till crisp-tender:* frozen artichoke hearts; whole or sliced beets, broccoli cuts, cauliflowerets; whole okra; sliced, peeled parsnips; yellow squash chunks.

1 16-ounce round unsliced loaf rye, sourdough, *or* pumpernickel bread

• • •

3 tablespoons butter *or* margarine
3 tablespoons all-purpose flour
1 tablespoon caraway seed
1 cup chicken broth
1 teaspoon Worcestershire sauce
½ cup dry red *or* white wine

• • •

2 cups Gruyère *or* Swiss cheese, shredded (8 ounces)
Desired vegetable dippers (see options above)

Cut a thin horizontal slice from the top of the bread loaf. With a knife hollow out the interior of the loaf, leaving a ½-inch shell. Cut scooped-out bread into 1-inch cubes; set aside.

In a 2-quart saucepan melt butter or margarine; blend in flour and caraway seed. Stir in the chicken broth and Worcestershire; cook and stir over medium-low heat till thickened and bubbly. Reduce heat; stir in wine. Warm till air bubbles appear near surface *(do not boil).* Add cheese, a handful at a time, stirring constantly till cheese is melted.

Pour mixture into hollowed-out bread loaf. Serve immediately with desired vegetable dippers and bread cubes. Makes 2 cups fondue.

WONTON CHICKEN SALAD

You'll find wonton skins in the produce section of larger supermarkets and in Oriental food stores—

Vegetable options: *Choose any combination of fresh greens and lettuce, such as:* Bibb lettuce; bok choy; Boston lettuce; Chinese cabbage; collard greens; dandelion greens; endive; escarole; iceberg lettuce, kale, leaf lettuce, mustard greens; parsley; red leaf lettuce; romaine; spinach; turnip greens; watercress.

¼ cup cooking oil
¼ cup vinegar
2 tablespoons sugar
1 tablespoon sesame *or* cooking oil
10 wonton skins (3-inch squares)
Cooking oil for shallow-fat frying
6 cups desired torn greens (see options above)
2 cups cubed, cooked chicken
1 11-ounce can mandarin orange sections, drained
1 medium green *or* red pepper, seeded and cut into ½-inch squares
4 green onions, bias-sliced into 1-inch lengths

For dressing: In a screw-top jar combine the ¼ cup oil, the vinegar, sugar, sesame or cooking oil, 1 teaspoon *salt,* and ¼ teaspoon *pepper.* Cover; shake well. Chill. Cut wonton skins into ¼-inch-wide strips; fry, a few at a time, in shallow hot fat about ½ to 1 minute or till crisp and golden, stirring occasionally. Drain on paper toweling. Line a salad bowl with desired torn greens. Over the greens arrange chicken, drained mandarin oranges, red or green pepper, green onions, and fried wonton strips. Shake dressing; pour some over salad and toss. Pass remaining dressing. Makes 6 servings.

THREE-VEGETABLE PIE

If you like, you can simply layer the three vegetable mixtures in the pastry, then top with olives and crust—

Vegetable options: *Choose two of the following—*asparagus; beets; broccoli; cauliflower; peeled parsnips; rutabaga; spinach; turnips; white potatoes; sweet potatoes.

3 eggs
1½ cups soft bread crumbs (2 slices bread)
1½ cups shredded cheddar cheese (6 ounces)
½ cup milk
1 teaspoon salt
½ teaspoon pepper

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1½ cups finely chopped carrots, cooked and drained
1 teaspoon dried basil, crushed
3 cups desired vegetables, cooked, drained, and chopped (see options above)
1 teaspoon dried tarragon, crushed

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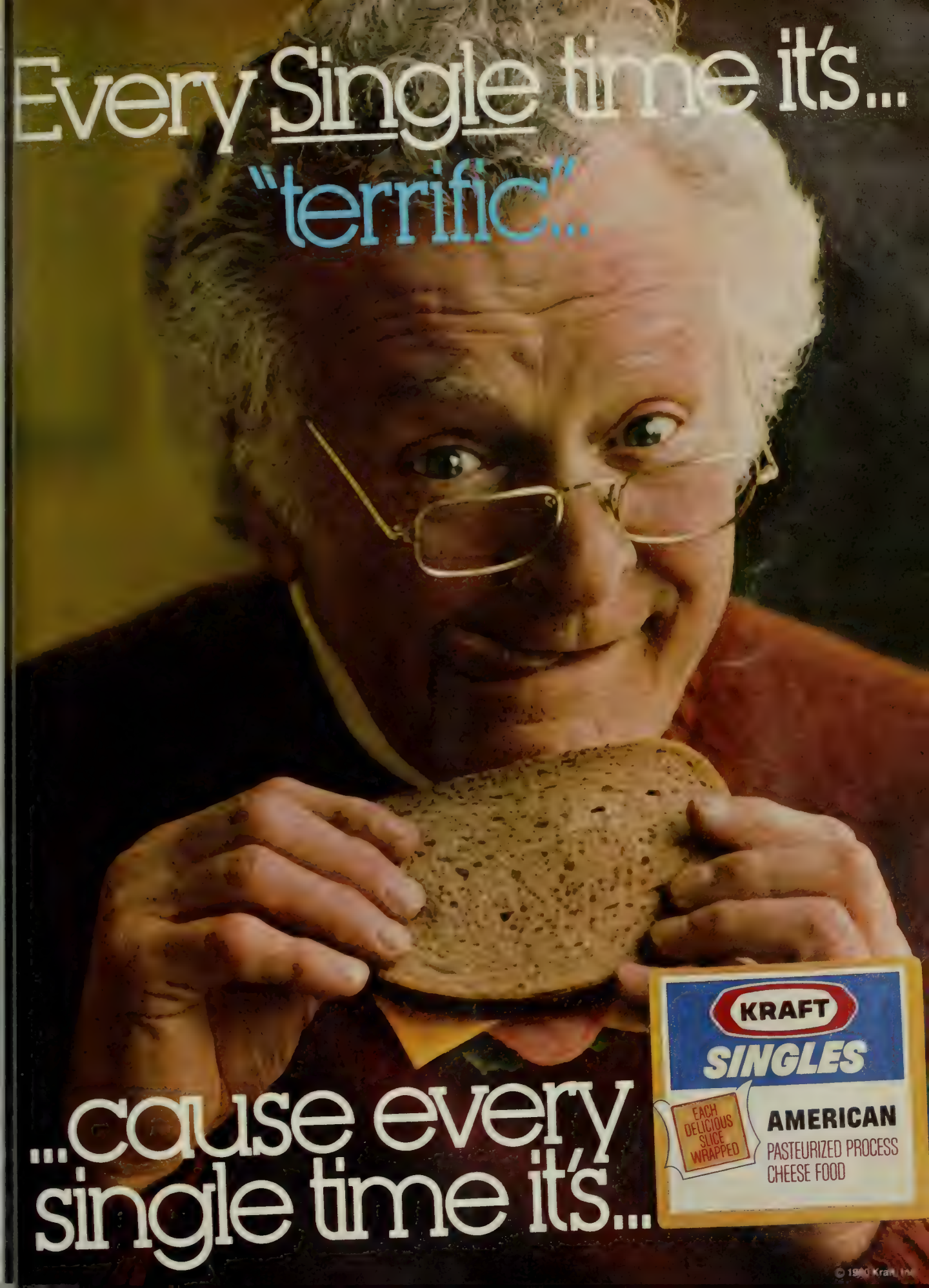
Pastry for a two-crust 10-inch pie
½ cup sliced pitted ripe olives
1 beaten egg

In a medium bowl combine the 3 eggs, the bread crumbs, cheese, milk, salt, and pepper. Divide mixture into thirds. To one portion add carrots and basil; set aside. To another portion of the cheese mixture, add one of the desired finely chopped, cooked vegetables and *half* the tarragon. Repeat with remaining cheese mixture, second vegetable option, and remaining tarragon. Set mixtures aside.

On a lightly floured surface roll out *half* of the pastry to a 14-inch circle. Line bottom and sides of an 11-inch quiche pan or a 10-inch pie plate with the pastry, allowing excess to hang over edge. Lightly score pastry into three sections. Spoon the carrot mixture into one of the scored sections, spoon one of the desired vegetable mixtures into the second third of the pastry, then spoon the remaining vegetable mixture into the remaining third. (Mixtures should butt against each other.)

Place olive slices in rows over the dividing lines between vegetable mixtures. On floured surface roll out remaining pastry to a 10x3-inch rectangle; cut into twelve ¼-inch-wide strips. Place strips atop filling in a lattice design; trim and flute edges. Brush pastry strips with the remaining beaten egg. Bake in a 375° oven for 30 to 40 minutes or till lattice top is golden. Let the pie stand 10 minutes before serving. Serve warm, cut into thin wedges. Makes 8 to 10 appetizer servings.

continued


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Summer vegetables

VEGETABLE TEMPURA WITH GARBANZO BEAN DIP

Here's an idea for a cook-at-the-table appetizer or snack—

Vegetable options: *Choose any combination of the following—* halved, drained artichoke hearts; asparagus cuts; broccoli cuts; cauliflowerets; cucumber, eggplant, or green pepper chunks; cubed, peeled jicama; whole mushrooms; sliced, unpeeled okra, yellow squash, or zucchini. *Precook till crisp-tender:* frozen, halved artichoke hearts; sliced, peeled carrots, parsnips, rutabagas, turnips.

1 15-ounce can garbanzo beans, drained
1 8-ounce carton plain yogurt
1 clove garlic, minced
¼ teaspoon salt
1 cup all-purpose flour
2 tablespoons cornstarch
½ teaspoon salt

• • •

1 cup ice water
1 egg yolk
2 stiffly beaten egg whites
Cooking oil for deep-fat frying
5 cups desired vegetables (see options above)
Parsley sprigs (optional)

In blender container or food processor bowl combine drained garbanzo beans, yogurt, garlic, and the ¼ teaspoon salt; cover and process till smooth. Set aside.

For batter, stir together flour, cornstarch, and the ½ teaspoon salt. Make a well in the center of dry ingredients. Beat together ice water and egg yolk; add all at once to dry ingredients. Slowly stir just till moistened; do not over mix. (Batter will be slightly lumpy.) Fold in egg whites. Place the bowl of batter in a larger bowl of ice water.

In a fondue pot or wok pour in



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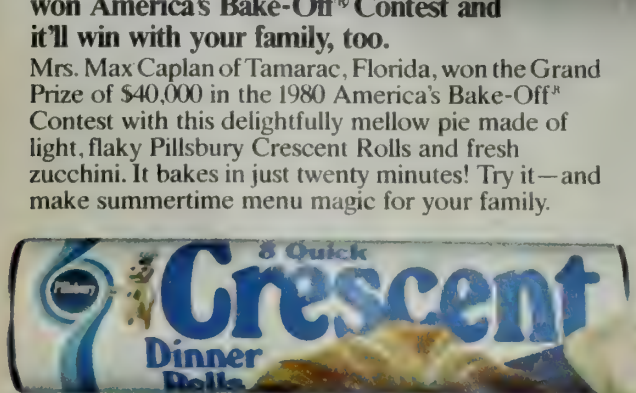
Mrs. Max Caplan of Tamarac, Florida, won the Grand Prize of $40,000 in the 1980 America's Bake-Off® Contest with this delightfully mellow pie made of light, flaky Pillsbury Crescent Rolls and fresh zucchini. It bakes in just twenty minutes! Try it—and make summertime menu magic for your family.

ITALIAN ZUCCHINI CRESCENT PIE

Cook and stir 4 c. thinly sliced zucchini and 1 c. chopped onion in ¼ to ½ c. margarine for 10 min. Stir in ½ c. chopped parsley or 2 T. parsley flakes, ½ tsp. salt, ½ tsp. pepper, ¼ tsp. garlic powder, ¼ tsp. basil, ¼ tsp. oregano leaves. Combine 2 beaten eggs and 8 oz. (2 c.) shredded Kraft Natural Mozzarella Cheese or shredded CASINO Brand Natural Muenster Cheese. Stir in zucchini mixture.

Separate 8-oz. can Pillsbury Refrigerated Quick Crescent Dinner Rolls into 8 triangles. Place in ungreased 10" pie pan; press over bottom and up sides to form crust. Spread crust with 2 tsp. mustard. Pour vegetable mixture into crust. **Bake in preheated 375°F. oven** for 18-20 min. or until center is set. (Cover crust with foil during last 10 min. of baking.) **Let stand 10 min. before serving.** 6 servings.

TIP: For 12x8" baking dish, separate dough into 2 long rectangles; press over bottom and 1" up sides to form crust.





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cooking oil to a depth of 3 inches. Heat oil to 400°. Dip desired vegetable pieces individually into batter, swirling to coat pieces. Fry dipped vegetables, a few pieces at a time, in hot oil for 2 to 4 minutes; drain on paper toweling. Keep vegetables warm in a 250° oven till all are fried.

Arrange on a platter with the garbanzo dip; garnish the dip with pimiento bits and the platter with fresh parsley sprigs, if desired. Makes 6 to 8 appetizer servings.

GREEN THUMB CABBAGE SLAW

What makes this slaw extra special is the untraditional yogurt-poppyseed dressing—

Vegetable options: *Choose any combination of the following*—alfalfa sprouts; bean sprouts; thinly sliced peeled carrots; sliced mushrooms; chopped tomato; julienne-cut peeled turnips; wheat sprouts; zucchini. *Precook till crisp-tender:* chopped broccoli; cauliflowerets; julienne-cut peeled chayote; green beans; wax beans; peas; julienne-cut peeled parsnips or rutabagas; thinly sliced, peeled winter squash.

⅓ cup mayonnaise *or* salad dressing
⅓ cup plain yogurt
2 teaspoons sugar
1 teaspoon poppy seed
¼ teaspoon salt

• • •

2 cups desired vegetables (see option above)
1½ cups shredded greens, such as spinach, romaine, collard greens, mustard greens, *or* kale
1½ cups shredded green, red, savoy, *or* Chinese (napa) cabbage
1 cup canned kidney beans, garbanzo beans, navy beans, lima beans, *or* soybeans, drained

In a small bowl combine mayonnaise or salad dressing, yogurt, sugar, poppyseed, and salt; set aside.

In a large serving bowl combine desired vegetables, desired shredded greens, desired shredded cabbage, and drained beans. Pour dressing mixture over; toss. Chill several hours before serving. Makes 8 to 10 servings.

continued

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continued

Summer vegetables

CALIFORNIA VEGETABLE PLATTER

If you don't have spaghetti squash to use as the "pasta," try substituting cooked brown rice or fettucini—

Vegetable options: *Choose any combination of the following* —sliced cucumbers, mushrooms or water chestnuts; canned drained artichoke hearts; bean sprouts. *Precook till crisp-tender:* asparagus or broccoli cuts; halved brussels sprouts; cauliflowerets; sliced zucchini; pea pods; snap peas. *Precook till tender:* frozen artichoke hearts; sliced, peeled carrots, parsnips, turnips, or rutabagas; peeled eggplant slices; green beans; red or green pepper squares; quartered, or cubed peeled white or sweet potatoes.

2 pounds spaghetti squash
2 tablespoons butter *or* margarine
1 tablespoon all-purpose flour
½ teaspoon salt
1 clove garlic, quartered
1¼ cups light cream *or* milk
1 cup ricotta cheese *or* cream-style cottage cheese, drained
2 tablespoons grated Parmesan cheese
2 tablespoons fresh basil leaves *or* 2 teaspoons dried basil, crushed
2 cups desired vegetables (see options above)
3 tablespoons pine nuts *or* coarsely chopped walnuts

• • •

2 tablespoons butter *or* margarine, melted

Quarter squash; remove seeds and strings. Place in large saucepan or Dutch oven with about 2 inches water. Bring to boiling; cover and simmer 20 to 30 minutes or till tender.

Meanwhile, prepare sauce: In medium saucepan melt the first 2 tablespoons butter or margarine; stir in flour, salt, and garlic. Add light cream or milk all at once; cook and stir till thickened and bubbly. Remove from heat; stir in ricotta or cottage cheese and Parmesan. Place sauce in blender or food processor container along with basil. Cover; process till smooth. Return mixture to saucepan; stir in desired combination of vegetables and nuts. Heat through, but *do not boil.*

When squash is cooked, shred pulp, using two forks to separate into strands. Pile squash onto a serving platter; toss with remaining 2 tablespoons butter or margarine and season with salt and pepper. Spoon sauce over squash; garnish with fresh basil and cherry tomatoes, if desired. Makes 3 or 4 servings.

CHEESE-STUFFED VEGETABLES

Use a grapefruit knife to hollow out the fresh vegetables—

Vegetable options: *Choose one of the following vegetables*—5 seeded medium-sized cucumbers; 1 large eggplant; 6 medium-sized onions; 6 medium-sized tomatoes; two 1-pound winter squash; 5 whole medium-sized zucchini.

continued




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Cheese and Spinach Pie

1 9-inch unbaked pie shell
2 slices Swiss cheese (7x4 inches)
½ cup chopped spinach
½ cup sliced mushrooms
1 can Tender Chunk® ham, chicken or turkey, flaked with fork
3 eggs, beaten
1 cup half and half
2 teaspoons flour
½ teaspoon salt
¼ cup shredded cheddar cheese

Place Swiss cheese on bottom of pie crust. Sprinkle with spinach, mushrooms and Tender Chunk. Mix next 4 ingredients. Pour into pie shell. Sprinkle with cheddar cheese. Bake at 350° for 40-45 minutes. 4-6 servings.

Hormel



continued

Summer vegetables

Desired vegetables (see options above)
¾ pound ground beef *or* ground pork
1 clove garlic, minced
¾ cup shredded Monterey Jack *or* Swiss cheese (3 ounces)
1 egg
1 tablespoon vinegar
1 teaspoon Worcestershire sauce
½ teaspoon salt
Dash pepper

• • •

¾ cup soft bread crumbs (1 slice bread)
¼ cup grated Parmesan cheese
Curly endive (optional)

Pierce desired vegetables (except tomatoes and onions); place in a shallow baking pan and bake, uncovered, in a 350° oven for 30 to 35 minutes or till tender. (If using tomatoes, omit this step. If using onions, peel; cook, covered, in boiling salted water about 25 minutes or till tender; drain.)

Meanwhile, in skillet brown ground beef or pork with garlic (if using pork, cook meat thoroughly). Drain off fat. Stir in shredded cheese, egg, vinegar, Worcestershire, salt, and pepper. Remove from heat; cover and keep warm.

Cut a thin slice off long side or top of vegetables; scoop out and reserve pulp, leaving a ½-inch shell for eggplant or squash, and a ¼-inch shell for remaining vegetable options. (If using tomatoes, invert shells on paper toweling to drain.) Sprinkle inside of shells with *salt*. Chop or mash pulp; combine with the meat mixture. Spoon mixture into hot shells; sprinkle bread crumbs and Parmesan atop. Bake, uncovered, in a 350° oven for 30 to 35 minutes or till heated through. (If using Hubbard, banana, or spaghetti squash, bake for 45 to 50 minutes till squash is tender.) Place stuffed vegetables on platter; garnish with endive, if desired. Makes 5 or 6 servings.

Vegetable options: *Choose any combination of the following*—sliced, peeled jicama; sliced mushrooms or water chestnuts; alfalfa sprouts; bean sprouts. *Precook till crisp-tender:* broccoli cuts; halved brussels sprouts; cauliflowerets; bias-sliced celery; green beans; pea pods; julienne-cut red or green pepper or zucchini; sliced, peeled carrots, onions, rutabagas, turnips, potatoes. *Precook till tender:* peeled, cubed winter or yellow squash.

VEGETARIAN WHEAT CRUST PIZZA

Our pictured pizza features red and green pepper, celery, onion, and yellow squash slices—

1 to 1¼ cups whole wheat flour
1 package active dry yeast
2 tablespoons grated Parmesan cheese
⅓ cup warm water (115° to 120°)
1 egg
2 teaspoons cooking oil
1 cup cottage cheese, drained
1½ cups desired vegetables (see options above)
1½ cups shredded cheddar, Monterey Jack, mozzarella, *or* Swiss cheese (4 ounces)
1 8-ounce can tomato sauce
1½ teaspoons dried Italian seasoning, crushed

In small mixer bowl combine *½ cup* of the flour, the yeast, and the grated Parmesan. Stir in the water, egg, and oil. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon. Turn out onto a lightly floured surface and knead in flour to make a moderately stiff dough (about 5 minutes). Place dough in a greased bowl, turning once to grease surface. Cover; let rise in a warm place till double (about 30 minutes). Punch down dough; pat into a greased 12-inch pizza pan or 13x9x2-inch baking pan, making a rim around edge. Cover; let rise 20 to 30 minutes. Bake in a 425° oven for 5 minutes. Spread cottage cheese atop hot crust. Arrange desired vegetables atop cottage cheese layer. Sprinkle *½ cup* of the shredded cheese over. Combine the tomato sauce and Italian seasoning; drizzle over vegetables. Bake in a 425° oven for 10 minutes. Sprinkle with the remaining shredded cheese; return to oven. Bake 10 minutes more. Cut into wedges. Serves 4 to 5.

continued

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Pie Shells
1 pkg. Pillsbury Plus Applesauce Spice Cake Mix*
1 cup water
¾ cup Pillsbury Ready-To-Spread Vanilla Frosting Supreme
2 tablespoons oil

Filling
6 cups (1½ qts.) maple nut or your favorite ice cream, softened

Heat oven to 350°F. Generously grease and flour bottom, sides and rim of two 9-inch pie pans or round cake pans.** In large bowl, blend all shell ingredients; beat 2 minutes at *highest* speed. Spread half of batter (2¼ cups) in bottom of each pan. Do *not* spread up sides of pan. Bake at 350°F. for 25 to 30 minutes; DO NOT OVERBAKE. Cakes will collapse to form shells. Cool completely. In large bowl, blend ice cream until smooth; spread evenly in center of each shell, leaving a ½-inch rim. Freeze at least 2 hours; store in freezer. Wrap frozen pies airtight to avoid freezer burn. Makes two pies. HIGH ALTITUDE: No change.

*Pillsbury Plus Yellow Cake Mix can be substituted for Applesauce Spice.
**Do *not* use 8-inch pie or cake pans.

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continued

Summer vegetables

SOUTHERN VEGETABLE STEW

Serve this hearty mainstay with a loaf of crusty bread or homemade biscuits—

Vegetable options: *Choose one or two of the following*—collard greens; dandelion greens; kale; mustard greens; spinach; Swiss chard; turnip greens.

1 pound dried black-eyed peas
1 cup dried lima beans
2 pounds ham hocks *or* 1 meaty ham bone
2 ears corn, cut into chunks *or* sliced off the cob
6 small okra, sliced
½ cup sliced onion
½ teaspoon salt
⅛ teaspoon pepper
Several dashes bottled hot pepper sauce
Dash cayenne
3 to 4 cups desired greens (see options above)
1 medium sweet potato, peeled and sliced

Wash dried black-eyed peas and dried limas under cold running water till water is clear; drain. In a large Dutch oven place ham hocks and dried black-eyed peas; add just enough *water* to cover (about 6 cups). Cover and bring to boiling over high heat; reduce heat and simmer, covered, for 1½ hours, or till meat is nearly tender, stirring occasionally. Mash peas slightly. Add the limas, corn, okra, onion, salt, pepper, hot pepper sauce, and cayenne. Cover; bring to boiling over high heat. Reduce heat to low; simmer, covered, about 15 minutes. Add desired greens and sweet potatoes; simmer, covered, 15 to 20 minutes more or till vegetables are tender. Remove ham hocks; cool till easily handled. Remove meat from bones and cube meat. Discard bones; return meat to Dutch oven. Heat through. Makes 6 to 8 servings.

continued on page 124



Make chicken from around the corner taste like it's from halfway around the world.

Now in no time at all, you can turn an ordinary chicken into Easy Chicken Oriental.

This recipe involves no stir-frying and it's chock-full of everything from delicious water chestnuts to pea pods. Crisp vegetables to pieces of chicken.

And it's all simmered under a light 'n flaky Bisquick® crust.

Yes, with over 45 years of cooking experience in every box, there's nothing like Bisquick for baking new life into your chicken.

BISQUICK. Something good always comes of it.®

EASY CHICKEN ORIENTAL

1 package (6 ounces) frozen Chinese pea pods
1 can (10¾ ounces) condensed cream of mushroom soup
¼ cup milk
1½ cups cut-up cooked chicken*
½ cup sliced green onions
½ cup diagonally sliced celery
1 can (8 ounces) sliced water chestnuts, drained
1 cup Bisquick® baking mix
3 tablespoons water
2 teaspoons soy sauce
1 tablespoon margarine or butter, melted
2 teaspoons sesame seed

Heat oven to 425°. Rinse frozen pea pods under running cold water to separate; drain. Mix pea pods, soup, milk, chicken, onions, celery and water chestnuts in 3-quart saucepan. Heat to boiling, stirring constantly. Reduce heat; keep warm.

Mix baking mix, water and soy sauce until soft dough forms; beat vigorously 20 strokes. Gently smooth dough into ball on well-floured cloth-covered board. Knead 5 times. Roll into 5-inch square. Cut dough into 1-inch squares. Pour chicken mixture into ungreased 1½-quart round casserole. Top with dough squares; spread dough with melted margarine. Sprinkle with sesame seed. Bake until golden brown, about 15 minutes. 5 or 6 servings.

*2 cans (5 ounces each) chunk white chicken can be substituted for the cooked chicken.

High Altitude Directions (3500 to 6500 feet): Heat oven to 450°. Use 2-quart round casserole.

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WHY A LOT OF HEALTH-MINDED ADULTS OUGHT TO JOG OVER TO AN ORTHODONTIST.

"The legs go first."

That's what the exercisers say.

But, not necessarily true. In many adults the mouth goes first. It "takes it" for years, but in the thirties and early forties it starts to give up. And give out.

And, it can happen to people who brush their teeth properly and have regular dental checkups. It can happen because they didn't see an orthodontist once — in a lifetime.

Too many people feel that because they ran through their teens without an orthodontic checkup, they've left that need far behind.

Unfortunately, that omission may have left them carrying an acceptable smile — but in a potentially bad mouth.

We, of the American Association of Orthodontists, are seeing more and more adult mouths with long-neglected problems. Problems that are causing trouble in later life.

More and more adults are, in fact, turning to orthodontic treatment. But, a lot that need help are letting their mouths go.

Usually a warning comes from your family dentist. He's seeing something you can't. But, if you suspect that your teeth are too crowded or too spaced, or are wearing abnormally, those are warnings in themselves.

We hope you'll respond before your mouth gives you a final warning. Perhaps with deteriorating gums, or loose teeth, or clicking in the jaw or pain.

There's nothing childish about an adult going to an orthodontist. A few years ago grown-ups probably thought they'd look silly jogging around their neighborhood. Good sense about good health overcame those concerns.

The same should go for your mouth's health.

After all, chances are you'll be smiling long after you stop running.

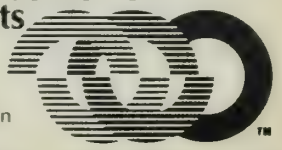
Our association is composed of those qualified men and women who have met the extended educational requirements mandatory for an orthodontic specialist. We'd like to help you better understand adult mouth health.

Just write: The American Association of Orthodontists, 460 N. Lindbergh Blvd., St. Louis, Mo. 63141.

WE SHAPE HEALTH, NOT JUST TEETH.

American Association of **Orthodontists**

In cooperation with The Canadian Association of Orthodontists





continued from page 121

Summer vegetables

NAPA-STYLE MARINATED VEGETABLES

Choose vegetables in a wide variety of colors and shapes for an attractive salad—

Vegetable options: *Choose 5 of the following and prepare 1½ cups of each*—halved, drained canned artichoke hearts; cherry tomatoes; sliced cucumber or mushrooms. *Precook till crisp-tender:* asparagus or broccoli cuts; halved brussels sprouts; sliced, peeled carrots; cauliflowerets; whole okra; cubed, peeled rutabagas; green or red pepper chunks; green or wax beans; unpeeled zucchini chunks.

1½ cups dry white wine
⅔ cup salad oil
½ cup lemon juice
¼ cup sugar
2 teaspoons salt
1 teaspoon mustard seed
2 cloves garlic, minced
½ teaspoon whole peppercorns

• • •

7½ cups desired vegetables (see options above)
1 small onion, thinly sliced and separated into rings

In a screw-top jar combine white wine, oil, lemon juice, sugar, salt, mustard seed, garlic, and peppercorns; cover and shake well. In a deep glass bowl layer one of the desired vegetables; pour some of the marinade over. Repeat with remaining vegetables and marinade; pour any leftover marinade over top layer. Place onion slices atop. Cover; chill several hours or overnight. Serve with a slotted spoon. Makes about 12 servings.

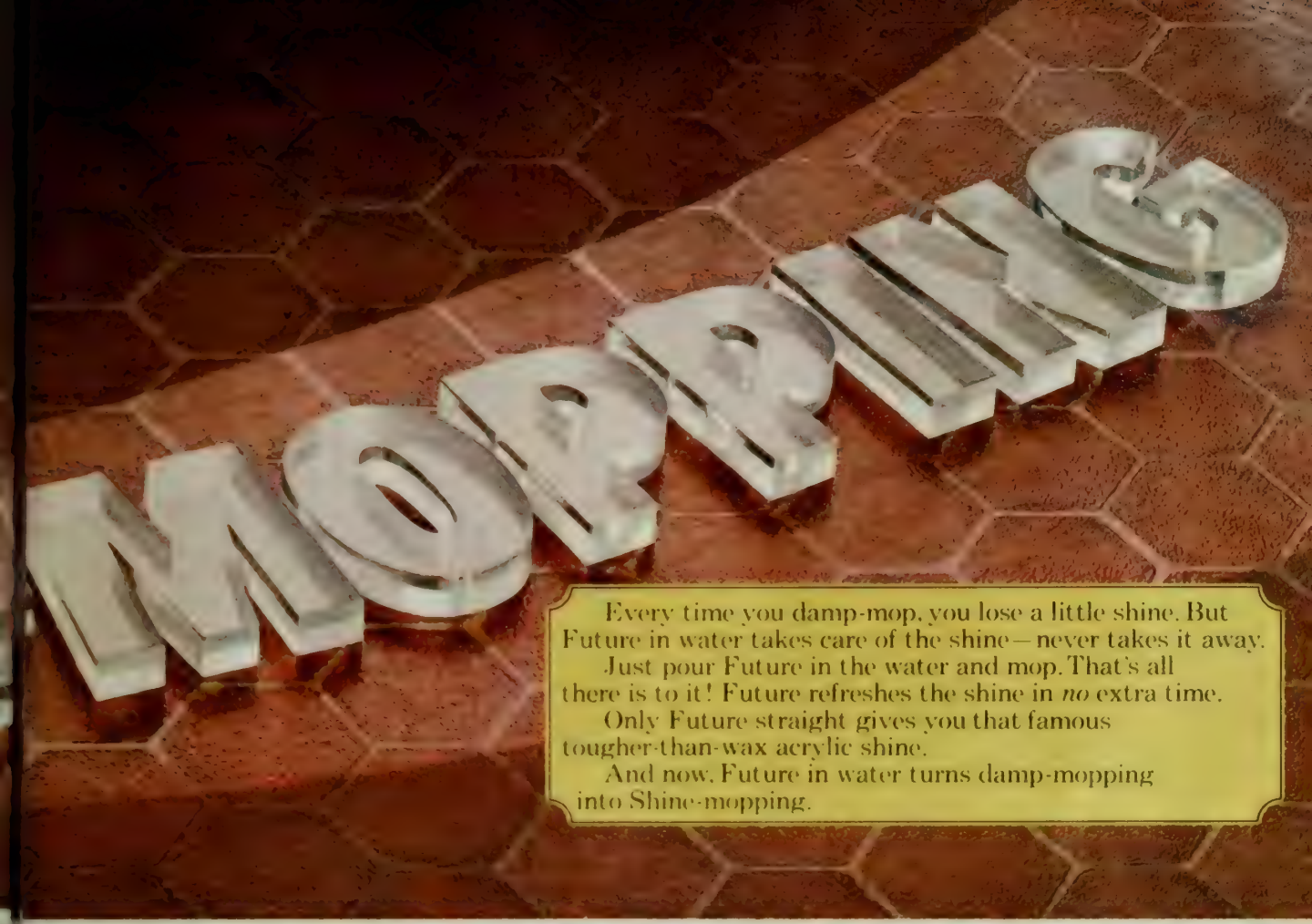
YOGURT VEGETABLE POTAGE

Fines herbes is a fancy French name for a special blend of herbs you can buy in large supermarkets and gourmet food shops. The herb blend usually contains parsley, tarragon, chervil and chives—

Vegetable options: *Choose one or two of the following*—packed-when-measured greens such as lettuce, garden cress, parsley, spinach, Swiss chard, or watercress; halved, drained, canned artichoke hearts; sliced peeled cucumber; sliced mushrooms. *Precook till crisp-tender:* asparagus, broccoli, or corn cuts; cauliflowerets, sliced, peeled beets, carrots, parsnips, rutabagas, or turnips.

¼ cup butter *or* margarine
¼ cup chopped onion
3 tablespoons all-purpose flour
½ teaspoon dried fines herbes, crushed
2 cups light cream *or* milk
2 cups chicken broth
1 8-ounce carton plain yogurt
2 beaten egg yolks
2 cups desired vegetables (see options above)
Salt and pepper
Radish slices (optional)
Parsley sprigs (optional)

In a 3-quart saucepan melt butter



or margarine; add onion and cook till tender but not brown. Stir in flour and fines herbes; gradually stir in light cream or milk and chicken broth. Cook and stir over medium heat till slightly thickened and bubbly. Reduce heat and simmer, uncovered, for 5 minutes. Combine yogurt and egg yolks. Stir *1 cup* of the cream mixture into yogurt; return to saucepan. Cook and stir over medium heat till thickened. *Do not boil.* Reduce heat and cook 2 minutes more. Stir in desired vegetables; remove from heat.

Place one-third of the mixture in blender or food processor container; cover and process till smooth. Repeat with remaining mixture; season with salt and pepper to taste. Heat through. Serve hot or chilled. (If chilled, stir in a small amount of *milk* to make soup of the desired consistency.) Garnish each serving with a few radish slices, and fresh parsley sprigs, if desired. Makes 6 servings.

VEGETABLES IN ASPIC

If you don't have the individual molds, you can make this aspic in a 7½x3½x 2-inch loaf pan. Use 1 cup vegetables and cut the asparagus into 2-inch lengths to stand up around the sides of the pan. Arrange the egg slices on the bottom of the pan—

Vegetable options: *Choose any combination of the following—* finely shredded red, green, or savoy cabbage; sliced mushrooms; chopped parsley; pea pods, peas, or snap peas; chopped, unpeeled cucumber or zucchini. *Precook till crisp-tender:* broccoli cuts; thinly sliced, peeled carrots; cauliflowerets; green or red pepper strips. *Precook till tender:* dry lentils; garbanzo, kidney, lima, or navy beans.

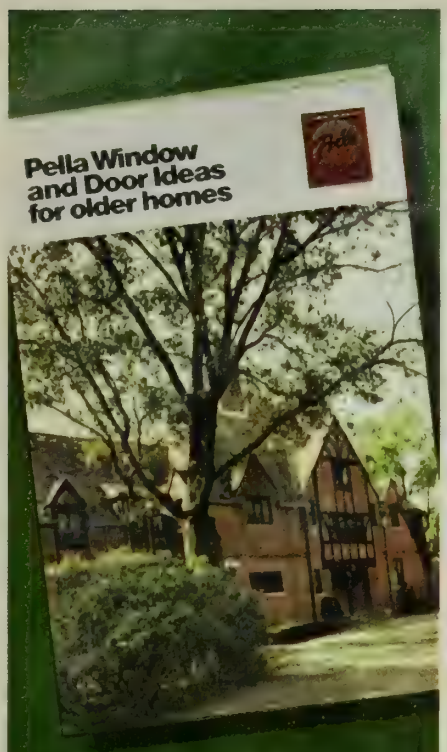
1 envelope unflavored gelatin
1 12-ounce can (1½ cups) vegetable juice cocktail
2 teaspoons instant chicken bouillon granules
½ teaspoon dried tarragon, crushed
¼ cup cold water
1 hard-cooked egg, sliced
8 to 10 fresh *or* frozen asparagus spears, crisp-cooked, drained, cooled, and cut into 1½-inch lengths
1½ cups desired vegetables (see options above)
2 tablespoons thinly sliced onion

• • •

Bibb lettuce leaves
6 to 8 pimiento strips
Green onion fans (optional)

Soften gelatin in *½ cup* of the vegetable juice cocktail. Add bouillon granules and tarragon; heat to dissolve bouillon and gelatin. Remove from heat; add remaining vegetable juice and the cold water. Chill about ½ cup of the mixture till partially set (consistency of unbeaten egg whites); pour the partially set mixture into the bottoms of six ½-cup fluted molds. Place one of the hard-cooked egg slices in each mold, pressing down into gelatin. Stand 6 pieces of the asparagus upright in gelatin around edge of each mold. Cover molds; chill till *almost* firm. Meanwhile, chill the remaining gelatin till partially set. Fold desired

continued



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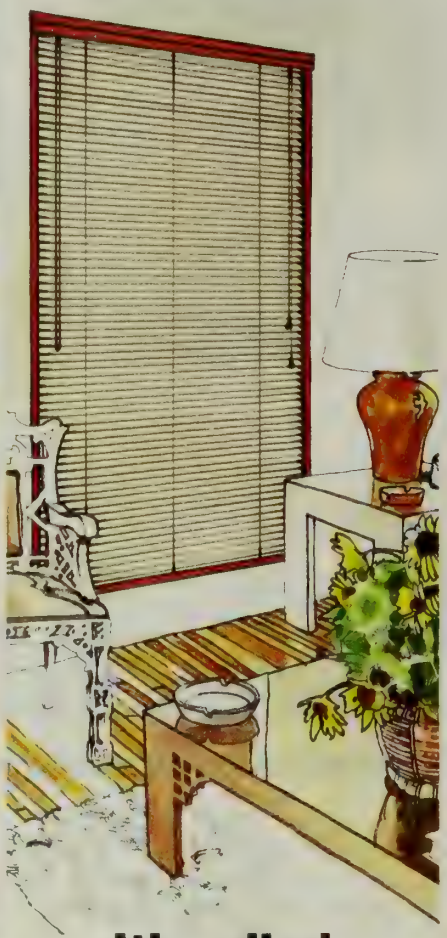
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continued

Summer vegetables

vegetables and green onion into partially set gelatin; spoon mixture over egg slice layer in molds. Cover; chill till firm. To serve, unmold each onto a lettuce leaf on platter; garnish with strips of pimiento and green onion fans, if desired. Makes 6 servings.

POLYNESIAN-STYLE VEGETABLES

Our version pairs carrots and broccoli—

Vegetable options: *Choose one or two of the following*—broccoli cuts, halved brussels sprouts; sliced, peeled carrots; cauliflowerets; sliced celery; green beans; small whole okra; sliced, peeled parsnips; pea pods; julienne-cut, peeled rutabagas; snap peas; sliced, chopped, peeled turnips; wax beans; yellow squash; sliced, unpeeled zucchini.

¾ cup chopped onion
2 tablespoons butter *or* margarine
1 8-ounce can pineapple chunks (juice pack)
2 cups desired vegetables (see options above)
1 green *or* red pepper, cut in 1-inch squares
¼ cup water
2 tablespoons soy sauce
1½ teaspoons grated fresh gingerroot

• • •

1 tablespoon cornstarch
1 8-ounce can water chestnuts, drained

In a 2-quart saucepan cook onion in butter or margarine till tender but not brown. Drain pineapple, reserving juice. Set aside *¼ cup* of the juice. Pour remainder into saucepan; add desired fresh vegetables, green or red pepper, water, soy sauce, and gingerroot; bring to boiling. Reduce heat; cover and simmer 5 minutes or till vegetables are crisp-tender. Blend reserved pineapple juice into cornstarch; add to saucepan. Cook and stir till mixture is thickened and bubbly. Add pineapple chunks and water chestnuts; heat through. Makes 4 to 6 servings.

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Cheer. It's three temperatures, one detergent. Because the kind of clean you get with All-Temperature Cheer can help keep your shirts looking well-dressed.



All-Temperature Cheer. Cleans in the right temperature hot, warm, or cold.

TRAVEL
Barbara Humeston

GREAT LAST-MINUTE SUMMER VACATIONS

Though the end of summer is fast approaching, there's still time for a super vacation. We've explored the options and come up with a half-dozen outstanding destinations where the whole family can have a great time on short notice.
Pick a close-to-home spot for a getaway weekend or a more remote destination for a longer stay. Just avoid the busy Labor Day weekend—any other time, you're sure to find lodgings and room to roam at our special last-minute vacation spots.

The Connecticut -Rhode Island coast

Over 400 miles of serpentine shore edge Block Island Sound from Mystic, Connecticut, to Newport, Rhode Island. Yet, driving from one end of this area to the other won't take much more than an hour. And in between lie miles of sparkling beaches, wetlands laced with placid ponds, bays, and rivers, plus lots of summer-fun activities.

Marvelous Mystic

Start your adventure with at least a day in Mystic, home of the Seaport Museum ($7.50, kids half price). At this restored 19th-century center of nautical history, you can visit a re-created seaport village, view exhibits from the sailing-ship era, even sing along at a sea chantey concert on the green. Kids love clambering around the ships in port.

Seamen's Inne, a restored oyster house, makes a good lunch stop. Then drop by the Marinelife Aquarium ($4.50, $2 for kids) for the lively dolphin show. The adjacent information center will help locate lodgings in the area and on east to Newport.

Quaint towns and more

Nearby Stonington, the picture-postcard home of Connecticut's only commercial fishing fleet, and Noank, a charming 18th-century village, are both worth a stop. Surf fishing also is excellent along this part of the coast.

The resort village of Watch Hill, just up the coast across the state line, overlooks beautiful Napatree Point. Main street of this "upper crust" town is lined with fine old Victorian architecture. Riding the carrousel down by the water is a treat for youngsters.

Ten miles farther, the resorts of Quonochontaug and Charlestown Beach flank the Ninigret Conservation Area, where you can hike unspoiled beaches, dunes, and wetlands teeming with wildlife. There's camping in the conservation area and in Burlingame State Park.

The next ten-mile stretch of beach includes the resorts of Green Hill and East Matunuck, The Deep Hole public fishing area, and the village of Jerusalem. All are pleasant spots with sunny ocean beaches (though Matunuck is often crowded).

Stop and enjoy a fresh seafood repast in Galilee, where bringing in the catch down at the docks is still a colorful event. Nearby, ferries leave for Block Island, perfect for a bike outing ($4 one way for the ferry, kids about half price; bike rentals on the island). Shoreline beaches front on Narragansett Bay from Galilee to the once-elegant Narragansett Pier and Jamestown. Inland, quaint Larchwood Inn (doubles from $20) offers super meals at good prices.

Ships from the Stonington fishing fleet



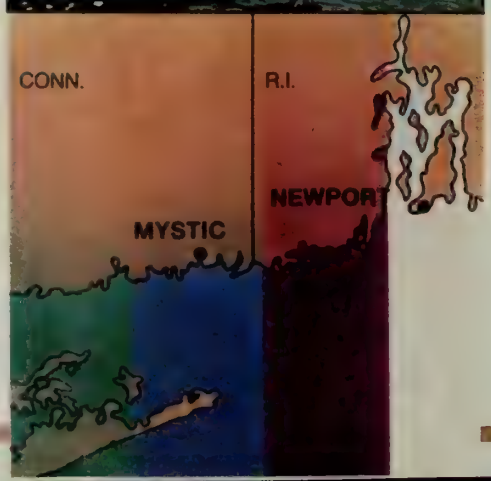


Illustration: Hellman Design

Fabled Newport

There are still flickers of glamour and glitter in Newport, left over from the time it was the playground of ritzy Easterners. And some of the city's fanciest mansions are now open for tours ($4.50 for two houses; $13 for all eight mansions of the county preservation society; kids about half price). You also can visit Hammersmith Farm, where Jacqueline Kennedy Onassis made her debut and later married John Kennedy ($3.50, $1.50 for kids).

It's pleasant to wander the restored district of Newport. A bike route also runs through town and along mansion-lined Ocean Avenue (rentals available). Stroll Cliff Walk for a delightful view.

As a special treat, take time to visit the topiary gardens at Green Animals in Portsmouth. Just hop aboard the restored Old Colony and Newport Railway ($7 per family) for the short trip. The acres of formal gardens are punctuated with hedges pruned into animal forms (separate admission).

All along the shore, you can feast on seafood and chowder. Try Newport's Black Pearl or White Horse Tavern.

Though the best lodgings in Newport usually are booked in advance, there are accommodations to suit all budgets in nearby Middletown and Portsmouth. Sachuest Beach Campground also is located in Middletown.

For details, contact: Tony Davenport, Connecticut Division of Tourism, 210 Washington Street, Hartford, CT 06106; Leonard Panaggio, Tourist Promotion Division, Seven Jackson Walkway, Providence, RI 02903; Mrs. John O'Malley, Convention and Visitors Bureau, Newport County Chamber of Commerce, Ten America's Cup Avenue, Box B, Newport, RI 02840.

continued

Photograph: Connecticut Dept. of Economic Development

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"My luggage is this Samsonite Sonora® II," Luba says. "I love deep, rich colors, and details that derive from function – like the recessed wheels that won't break off. Travelling with Sonora II is a pleasure."

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Pennsylvania's "chocolate town"

You'd be hard pressed to find more family pleasures in one place than in Hershey, Pennsylvania. It boasts a major theme park, a top-notch wildlife preserve, an exquisite show garden, a simulated chocolate factory, a gracious resort hotel, and nearby, the idyllic country of the Pennsylvania Dutch "plain people." What's more, last-minute reservations are astoundingly easy to get in Hershey, which is only about a tankful away from several major eastern cities. And once there, you'll hardly use your car at all.

Thrills galore in store

At Hersheypark, you'll find rides to suit every taste. Roller coaster connoisseurs can compare the merits of the traditional and the trendy versions. The old-fashioned wooden coaster suspensefully rattles you uphill before the drop, and the new steel-frame variety (the sooperdooperLooper) hurtles you through upside-down G's. Or maybe you fancy a slide down a thrilling flume, an open gondola ride, or a turn on an antique carrousel. The park's theme areas include a Pennsylvania Dutch village, where you can watch dozens of crafts demonstrated and sample chicken corn soup, knockwurst and kraut, and other traditional fare.

To avoid long lines, schedule your park visit for Monday or Friday (hours 10:30 a.m. to 10 p.m. daily through Labor Day, then Sundays only 10:30 a.m. to 8 p.m. in September; $9.95, $8.95 for kids). Admission includes all 36 rides and four theaters, as well as adjoining ZooAmerica, where everything from iguanas to timber wolves live in re-created natural surroundings.

Acres of color to view

On a hillside overlooking Hershey is the 23-acre Hershey Gardens. As it happens, August is the peak season there. You'll see gorgeous roses in bloom, plus expanses of early mums, colorful annuals, daylilies, an exotic collection of Japanese maples, and endless evergreens (open daily into October; $1.50, 50 cents for children).

Since the town of Hershey "grew fat" on chocolate, it's no wonder that this confection occupies center stage in local life. Main street is Chocolate Avenue, street lamps are shaped like Hershey kisses, and the smell of the cocoa bean pervades the air. You'll enjoy the fascinating mechanized show (free) about chocolate—from harvesting the beans to wrapping the candy bars—next door to Hersheypark.

The Milton S. Hershey School for orphaned and disadvantaged children and the Hershey Medical Center are featured on a $2.50 "chocolate town" bus tour that leaves from the Hersheypark gate (mid-June through Labor Day). You'll also enjoy browsing displays —from music boxes to Indian relics—at the Hershey Museum of American Life, a few steps from the park ($1.75, 75 cents for kids).

Lodging options aplenty

You can't go wrong staying at Hotel Hershey. It's one of the nation's finest family resorts, with an excellent kitchen, delightful rooms, and facilities for all sorts of recreation. The atmosphere is traditional and formal, but not stuffy. The basic rate, with breakfast and dinner, runs $104 a day for two in a room with two double beds. You pay $8 to $17 for youngsters three and older who share your room.

There's also the Hershey Lodge, a big, pleasant inn with its own tennis courts, pools, bike rentals, and evening entertainment (doubles without meals $54, no charge for children under 17 in your room). You can dine at the reasonably priced restaurants on the property, splurge at Hotel Hershey, settle for fast food, or drive 15 minutes to the Clearview Diner in Elizabethtown for a Pennsylvania Dutch feast.

Hershey also operates an excellent campground ($9 per family, hookups $11.25 per family). In fact, Highmeadow Camp, with recreational facilities and evening entertainment, is the one place in town where you may need reservations well in advance.

A number of area motels and guesthouses also offer thrifty last-minute lodgings. Check with the Hershey Information Center, Hershey, PA 17033. But these "outside" establishments aren't on the itinerary of free shuttle buses that connect all the Hershey properties (buses run about every 30 minutes, 10 a.m. to 10:30 p.m.).

Land of shoofly pie

One worthwhile side trip is to the heart of the Pennsylvania Dutch country around Lancaster. Much of this old town's architecture dates back to the 1770s, when the Continental Congress fled here from Philadelphia.

You'll want to visit the nearby village of Ephrata, with its unique medieval-style cloister, and stop by the Amish Farm & House and The Amish Homestead, both working farms (east of Lancaster on US-30). All three attractions are open daily (small admissions). Youngsters will enjoy riding the Strasburg Rail Road (along State-741; $2.50, kids $1.25). Take the excursion on Tuesday and stop in at Root's, a friendly country market (State-72 south of Manheim). Figure on a 100-mile day to see everything.

For more about Hershey attractions, contact Pat Goldstein, Marketing, Department B, Hersheypark, Hershey, PA 17033; Write to Hotel Hershey, Hershey Lodge, and Highmeadow Camp for reservations (Hershey, PA 17033). For more about Pennsylvania Dutch country, contact Norene Lahr, Pennsylvania Dutch Visitors Bureau, 1799 Hemstead Road, Lancaster, PA 17601.

continued



"Sweet" local characters at Hersheypark

Photograph: Hersheypark

Texas' South Padre Island

Sand and sun are what vacationing is all about on South Padre Island, a delightful barrier isle just off the Gulf coast 25 miles from Brownsville, Texas. One of the most popular times for a South Padre vacation is August. The weather is typically hot and clear, and air-conditioned by Gulf breezes. But even then, when business is booming at the island's few hotels and motels, you can find a nice place to stay on a few days' notice. And you can count on having most of South Padre's 35 miles of beach to yourself.

Setting the scene

South Padre, which is just beginning to attract visitors from outside the state, has only one small resort community at its southern tip. Beyond that short strip of vacation hostelries, marinas, and restaurants lies 30 miles of wild beach. This splendid wilderness of windswept dunes fronts a wide stretch of sand that's a treasure trove for beachcombers. Among the flotsam washed ashore by the fickle tides, you'll discover everything from shells and driftwood to the planking of ill-fated shrimp boats and life preservers from long-forgotten ships, even turquoise blue globes of glass Japanese fishermen use to keep their nets afloat.

South Padre's only paved highway ends soon after you leave the resort settlement behind. But if you have a four-wheel-drive vehicle, you can roll along on the beach as far as you like—right up to the northern end of the island, and even camp at the edge of the dunes. Pick any spot you fancy. Gulls will be swooping overhead, hoping for handouts, and sandpipers will sprint out of your path, pecking for tidbits in the surf.

Another interesting way to go exploring is on a jeep tour with Captain Joe Bryant. When he isn't taking out fishing parties, the captain leads trips around the island ($20 an hour per jeep load of up to six passengers). He points out old wrecks half buried in the sand and shows you where frigate birds, grebes, and herons make their homes. For a special adventure, join another family for a trip to the narrows that separate South Padre from North Padre (about $180). To get additional information about these trips and to make your reservations, write to Captain Bryant, Box 2488, South Padre Island, TX 78579.

Lodging options

Several island hotels supplement beach pleasures with resort facilities, complete with swimming pools, tennis courts, access to golf courses (including championship courses at the Rancho Viejo Resort and the Valley Inn and Country Club at Brownsville), and evening entertainment. At the Hilton Sea Island, there are lots of lodging options, from rooms with and without kitchens to condominium apartments (doubles start at $42). At the Bahia Mar, you pay $40 to $50 a night for a double, and $41 to $56 at the Holiday Inn.

If you prefer less resorty surroundings, try the El Padre (from $32 for kitchen units), the Sandy Retreat (doubles, some with kitchenettes, $28 to $56), and La Playa ($300 a week for two bedrooms). Two campgrounds—at the Sea Ranch Marina and in Isla Blanca Park ($6.75 and $6 a night, respectively, with hookups)—welcome vacationers.

Bounty from the sea

The long, narrow sliver that's South Padre is separated from the mainland by a bridge over calm Laguna Madre Bay, which teems with redfish, speckled trout, and flounder this time of year. Fishing boats lea from the Sea Ranch Marina (7 a.m. ar 1 p.m.; $8 per person). Bring your ow tackle and you can rent an outboard Captain Wiley's ($30 per day).

On the Gulf side, boats primaril seeking red snapper head for fishin banks 40 miles out (6 a.m. daily). Wit a little luck, you'll pull in a couple 15- or 20-pounders. You might eve snag a small shark. Deep-sea charte ($150 a day for up to six passenger pursue even bigger catches—marli and sailfish. Along the shore, schoo of mackerel often congregate aroun jetties. You can rent small tackle an then fish for a nominal fee at the Gul side and Palm Bay piers.

Not surprisingly, fresh seafood is th specialty at restaurants. The outdoo terrace of Louie's Backyard, overlook ing the bay, is the place to be at sun set. Later, you can dance on the pati (buffet $11; reservations required). O you can dine at Jetties Restaurant over looking the ship channel. For enjoyabl gourmet fare, try the dining room o the Sea Island Hilton ($8 to $10 for full-course dinner).

Beyond the beach

When you're ready for a change o pace, take a mainland excursion. On trek that's sure to delight young an old alike is a visit to the Museum of th Confederate Air Force, about 35 mile west at Harlingen, Texas (open daily $1 donation). The museum maintain a squadron's worth of World War I fighters and bombers in flying condi tion, and they sometimes take to the sky for air shows.

From Brownsville, you can cross the Rio Grande River to Matamoros, Mexi co, to bargain for leather goods, pot tery, silver jewelry, and souvenirs in colorful stalls of the town's Central and Old Markets. Brownsville also is the location of the outstanding Gladys Porter Zoo, one of the country's finest.

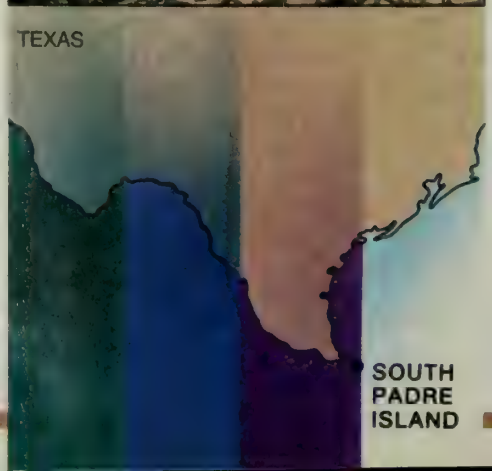
You don't need a car on South Padre or for these excursions. Limos run to and from the Brownsville Airport ($5 per person). Matamoros sight-seeing costs $8; the Flying Museum tour, $8.50; and a round trip to the Gladys Porter Zoo, $8, including admission. A local bus travels to all major points on the island (75 cents a ride).

For more information, contact Samantha Ohe, South Padre Island Tourist Bureau, Box 2095, South Padre, TX 78597, or Texas, Department HGB, Box 5064, Austin, TX 78763.

continued

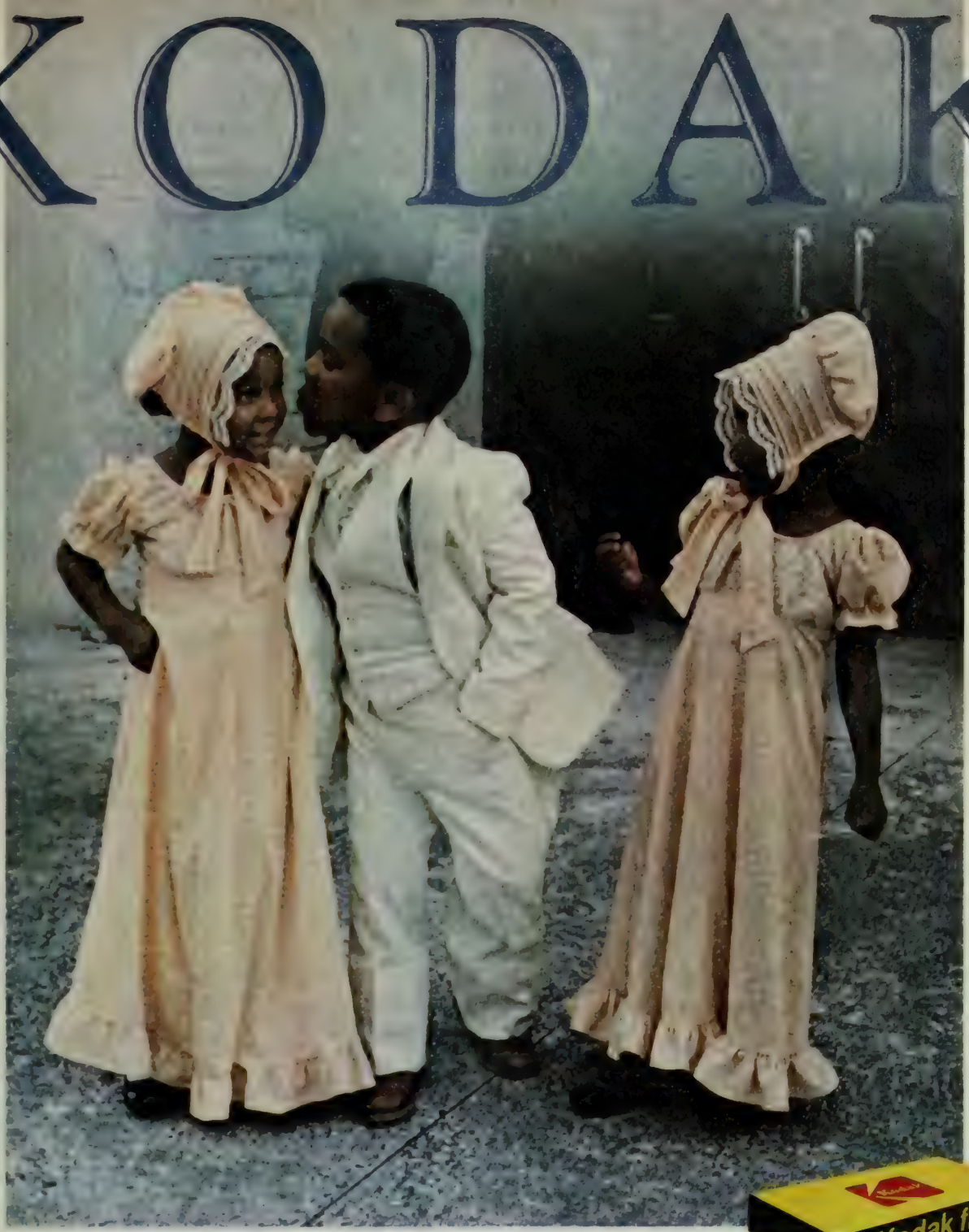
Beachcombing quiet South Padre shores





Photograph: George Bush

KODAK



Don't get the wrong idea. I just want a little practice before I kiss the bride.



America's Storyteller

1880 1980

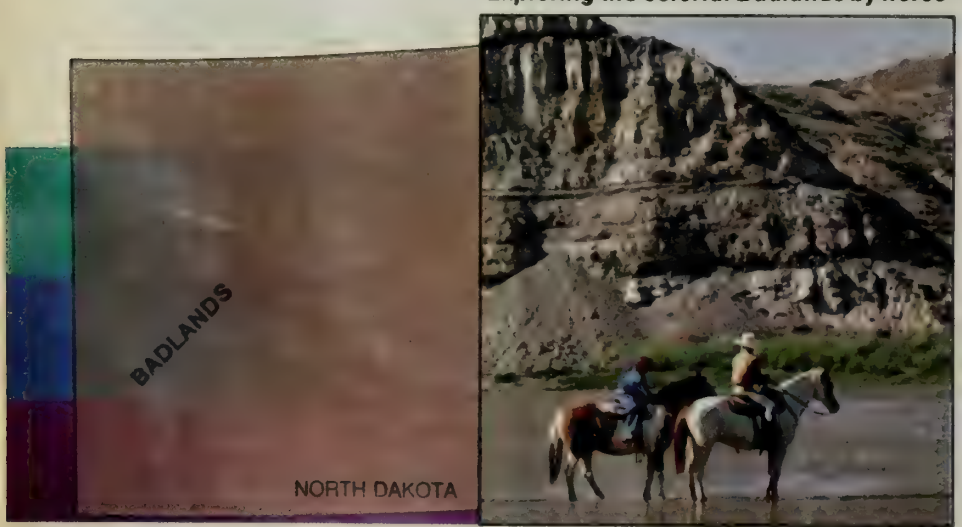
Shouldn't you trust your story to Kodak film?

Eastman Kodak Company 1980

North Dakota's Badlands

From the moment young Theodore Roosevelt first saw the North Dakota Badlands on a buffalo hunt, he was intrigued by the curious beauty and serenity of this vast, multicolored area. Today, that rugged land, which straddles the Little Missouri River from the state's southwestern corner to the backwaters of huge Lake Sakakawea, is a unique vacation destination with an abundance of wide-open spaces.

Much about the Badlands hasn't changed since Roosevelt's time. The feeling of the Old West still lingers there among peaceful valleys and canyons, solitary buttes and hilltops. But another dimension has been added: a 70,000-acre national park that bears Roosevelt's name. The park's three units are more or less linked along 55 miles of US-85, which runs north and south through the Badlands. The southern section (35 miles west of Dickinson via I-94) offers the most vacation variety.



Exploring the colorful Badlands by horse

Off to a good start

Begin your Badlands exploration at the new Painted Canyon visitors center, just east of the park's Medora entrance. You'll get a splendid first glimpse of the Badlands' subtly colored scenery, as well as insights into the area's past.

Then continue a few miles to the recreated Old West town of Medora, where Roosevelt and his rough-riding buddies hung out. Daily bulletins keep vacationers posted on goings-on there, like trail rides and chuck wagon cookouts.

Getting into the spirit of things is easy in this lively 1880s cow town. You can browse through reminders of the frontier past at the museum and tour the lavish Chateau de Mores, overlooking town, where a French nobleman once dreamed of a Badlands cattle empire. Drop in at the Medora Zoo, too, home of assorted native Badlands creatures. A rousing Old West musical unfolds nightly at an outdoor amphitheater near town.

To save money, buy combination tickets ($8, $4.50 for youngsters) to all the attractions at the Gold Seal Company office in town, rather than paying separate admissions. There's also a daily $2-per-car entrance fee to the park.

Horseback adventures

Saddling up for a ride is the best way to appreciate the Badlands. But even in late August, when there's a refreshing hint of autumn in the wind, early morning and evening are the best times to hit the trail. Not only are the temperatures in the arid landscapes more comfortable then, but wildlife is more likely to be out and about, too. You may spot a small herd of bison or a lonely bull wandering between wallows. Deer often graze the hills, and there are funny little prairie dog towns everywhere. Wild horses and bighorn sheep stay deep in the park.

Schedule at least one ride late in the day, when the sun's last fiery rays bring out the hills' best colors. One-hour to all-day guided rides are offered from the Peaceful Valley Ranch inside the park (about $5 an hour), as well as in Medora.

More Badlands outings

The park's 38-mile scenic loop drive winds through bare-topped hills and along grassy, wooded lowlands beside the Little Missouri. Turnouts and footpaths invite exploring all along the route. Stop at Scoria Point to view massive red-capped buttes, and take the short hike to Buck Hill, highest point in the park.

Park attendants can provide information about hiking the extensive system of backcountry trails (free camping permits required). Free guided walks and interpretive programs also are offered several times daily.

Closest lodgings are in Medora, at the modern Badlands Motel and at the Rough Riders Hotel, a landmark right out of the Old West (doubles from $33), where buffalo steak and french fried ice cream are specialties in the dining room. Medora's Little Missouri restaurant offers relaxed dining and a full menu, while the Chuckwagon serves hearty family fare at modest prices.

Within the park, there are quiet shady campsites at the Cottonwood Campground along the river ($2 a night). Two campgrounds with trailer hookups ($5 a night) lie just outside the park. Plenty of additional lodgings are available in nearby Dickinson.

Several airlines, including Frontier, Northwest, and Republic, fly into Bismarck (135 miles east), where you can rent a car. Or fly, via commuter carrier into Dickinson and rent a car there. Greyhound buses also travel through the area.

And in the other direction

You can combine a visit to the park's somewhat less developed and smaller north unit with on-the-water fun at nearby Lake Sakakawea, one of the country's largest man-made lakes (about 60 miles northeast). You'll enjoy the scenic drive through the park, where there's camping at Squaw Creek and a variety of hiking trails. State parks and resorts fringe the lake, with additional lodgings in nearby Watford City. Only a super river view remains at the park's middle unit, once the site of Roosevelt's Elkhorn Ranch.

Though the park stays open year round, May through October is the best time to visit. Activities start winding down after Labor Day weekend. For more information, contact the Superintendent, Theodore Roosevelt National Park, and Rod Tjaden, Box 198, Medora Division, Gold Seal Company, both in Medora, ND 58645 (call Gold Seal toll free at 800/437-2070); or write Wally Reber, Tourism Promotion, State Highway Department, Capitol Grounds, Bismarck, ND 58501 (call 800/437-2077 toll free).

continued

Photograph: North Dakota Tourism Promotion Division



"Mom said it was from my fairy godmother. I thought, 'Could it be?' Oh yes! I love 'em. I've been begging for heels just forever. Yes. Yes. They fit. They're just like the ones I wanted. Oh, Mom told you, didn't she? They'll really go with my new dress for the dance. I feel like Cinderella already! Thanks, Aunt Connie."

Though family and friends move far apart, you can continue to grow together. Just reach out and walk back into each other's lives.

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Luvs' Flexible Gathers and exclusive Hourglass Design fit your baby more comfortably than any other diaper.

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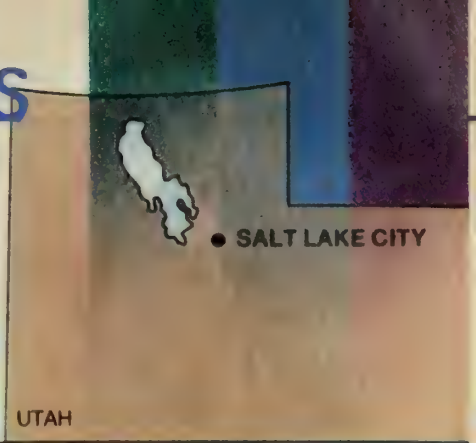
Luvs. In three comfortable sizes.

Small (up to 14 lbs.) Medium (12 to 26 lbs.) Large (over 24 lbs.)

Your baby's comfort begins with Luvs.

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Utah's Salt Lake City



Almost everyone knows about Salt Lake City's Mormon connection. But lately this city of a half-million plus has blossomed into an inviting vacation destination in its own right. You can enjoy much of what's best about city vacationing there, amid a spectacular natural setting. And since the "good word" about Salt Lake City is just getting out, you'll beat the crowds by visiting now.

City sites and Temple Square

Downtown Salt Lake City is booming. Brand-new glass and steel structures gleam beside stately vintage buildings. The fresh-washed neatness of this city of parks, monuments, and wide tree-lined avenues invites strolling. Just remember all the streets radiate from Temple Square, worldwide center of the Mormon religion, and the blocks are king-sized. If you tire, catch a city bus (30 cents), or take a tour on a sight-seeing bus or aboard a colorful motorized train called *Old Salty*.

Brigham Young, pioneer Mormon leader, chose the site for the city and laid it out. Temple Square, a meticulously landscaped block in the heart of downtown, is the city's most visited attraction (free tours). Visitors also are welcome at performances of the famed Mormon Tabernacle Choir (on Sunday mornings and Thursday evenings).

Just across the way lies the elaborate Beehive House that Young and his large family called home. Many visitors enjoy browsing the world's largest genealogy library, too, in the towering Church Office Building nearby.

Shopping is a pleasure at the modern ZCMI and Crossroads malls downtown. The mood is more nostalgic about a dozen blocks southeast, where the city's streetcar barns have been imaginatively transformed into Trolley Square. Wandering this eclectic block of snazzy shops and boutiques, theaters, and restaurants is like going back to the turn of the century.

The business of state is centered at the capitol, an impressive look-alike for the one in Washington, D.C. (three uphill blocks from the center of town; free tours). You can gain a new appreciation for frontier life by browsing the nearby Pioneer Museum. Or explore the "living" Pioneer Village that's part of Utah's largest amusement park (about 20 minutes north). The Museum of Natural History and the Museum of Fine Arts are situated on the University of Utah campus at the east edge of the city. Youngsters will delight in monkeying around at nearby Hogle Zoo, too.

Unfortunately, summer is vacation time for the city's fine performing arts groups. But if you schedule your visit for September 13 through 21, you'll be on hand for the Utah Arts Festival, an indoor-outdoor extravaganza featuring opera, symphony, ballet, and more. The Utah State Fair will be in full swing just before (starting September 4). Pioneer Days, a rousing shindig of rodeos, fireworks, and pageants commemorating settlement of the Salt Lake Valley, winds up with a gigantic parade on July 24.

The city's nighttime scene includes lively discos; local theater presentations of off-Broadway-style shows; and fine restaurants like La Caille at Quail Run and funky Old Salt City Jail. Check what's on tap at the Salt Palace, too, a multimillion-dollar complex that hosts nationally known entertainers and pro basketball and hockey in season.

Nature on the outskirts

A half-dozen deep canyons sweep down from the Wasatch Mountains to the eastern edge of the city. The fragrance of pine and the caress of cool high-country breezes are never far away. City Creek Canyon, just beyond the capitol, is perfect for picnicking and hiking. Millcreek Canyon makes a good choice for a scenic drive. In southernmost Little Cottonwood Canyon, the popular ski resorts of Snowbird and Alta also welcome vacationers in summer (doubles about $38 at Snowbird; from $20 to $32 at Alta). You'll find choice dining and night life at these resorts, as well as in nearby Park City, a fabled old silver mining settlement turned resort town. All lie within a 45-minute drive. In July and August, noted musicians and artists perform at Snowbird on weekends.

No visit would be complete without an outing to 80-mile-long Great Salt Lake. Water sports and beaches are as close-by as Great Salt Lake State Park (15 miles west via I-80). Sailing and sunbathing are splendid.

The many well-located accommodations in the city include Howard Johnson's and a Travelodge (about $38 and $31, respectively). But no place can top the Hotel Utah, a stylish survivor in the grand old hotel tradition but with all the modern amenities (doubles about $70). Consider dinner at The Roof, the hotel's elegant restaurant overlooking the city's nighttime glitter. Rooms at the hotel's adjacent Motor Inn run about $38 double.





Canyon-fringed big-city sight-seeing

Most major airlines fly into Salt Lake City, which also is served by bus and by Amtrak from the West. For more information, contact Janis Pierce, Public Relations, Salt Lake Valley Convention and Visitors Bureau, The Salt Palace, Suite 200, Salt Lake City, UT 84101.

continued

Photographs: Salt Lake Valley Convention and Visitors Bureau

The northern Oregon coast

Stunning seascapes and fine beaches make a perfect backdrop for vacationing along the northern Oregon coast between Newport and Astoria, just an hour's drive from Portland. Though this splendid stretch of shoreline bustles with vacationers in summer, lodgings are available on all but the busiest holiday weekends. Just phone ahead the night before for reservations.

You can drive the under-150-mile route on a tankful, or pick one section of the coast and settle in. Explorers, history buffs, hikers, and salmon fishermen prefer the northern coast in the vicinity of Astoria and Seaside. The more developed shore farther south, particularly between Lincoln City and Newport, sports more resorts, restaurants, and sight-seeing attractions.

In touch with the past

Astoria, situated at the mouth of the Columbia River, was the first permanent settlement west of the Mississippi. Anyone interested in history will be fascinated by the king-sized mural that corkscrews around sky-high Astoria Column, atop Coxcomb Hill. At Fort Clatsop National Memorial, just south, there's a re-creation of a Lewis and Clark expedition's winter camp. The Columbia River Maritime Museum, back in Astoria, is the best of its kind in the Northwest. Stop by the venerable lightship *Columbia*, too, moored on the waterfront.



Summer means salmon fishing off the mouth of the Columbia. You can join a charter in Astoria or in coastal towns and tiny harbors farther south (about $35).

The Thunderbird Motor Inn (doubles $37 to $42) offers lodgings right on the Astoria waterfront. The Crest Motel (doubles from $23) provides a hilltop view of ship traffic on the busy river. Huge Fort Stevens State Park is an excellent camping choice.

Years ago, vacationing Portland families traveled about 15 miles south to Seaside, Oregon's dowager coastal resort town. Today, beach homes, cottages, and motels front on a two-mile seaside promenade. Horseback riding on the beach is a favorite pastime. There's also an amusement district to explore. Try the Ebb Tide Motel (doubles $36 to $38) for housekeeping units on the beach.

Fresh seafood is abundant in towns along the coast, if you want to do your own cooking. But there are plenty of fine seafood restaurants as well, like the Ship Inn in Astoria and the Crab Broiler in Seaside.

Savoring the scenery

An easy single-day hike along part of the Oregon Coast Trail begins at the southern edge of Seaside and takes you up over Tillamook Head for dramatic cliff-top views.



Easy waves on the sunny Oregon coast

With binoculars, you'll probably be able to spot sea lion rookeries just offshore. For a trail guide, send $2 to the Oregon State Parks Division, 525 Trade Street, S.E., Salem, OR 97310.

You'll encounter some of the coast's most breathtaking scenery south of Seaside, where US-101 loops around Neahkahanie Mountain. Walk-in campsites at Oswald West State Park can't be beat for getting away from it all. Schedule a stop for wine tasting at the Nehalem Bay Winery and cheese tasting at the Tillamook County Creamery, just north of nearby Tillamook.

Crabbing is popular all along the coast, and the picturesque fishing port of Garibaldi is a good place to try your luck (traps about $3). You can get free pointers at the municipal pier.

Detour from Tillamook 19 miles around Capes Meares, Lookout, and Kiwanda and you'll be rewarded with nearly empty beaches, tide pools, forested hiking trails, and magnificent seascapes. Sea lions and murres (swimming and diving birds) make their homes at Three Arch Rocks National Bird and Sea Lion Refuge along this route. All sorts of "treasures" beachcombers fancy—driftwood, shells, agates, and bits of flotsam and jetsam—can be found along the coast, thanks to winter storms and changing tides.

Fascinations farther south

Scores of motels, resorts, and housekeeping cottages lie along the 24 miles of coast between Lincoln City and Newport. Within minutes of each other are two of the finest resorts in the Northwest: the elegant Salishan Lodge at Gleneden Beach (doubles $68), with a golf course beside the sea, and The Inn at Otter Crest, perched on a seaside cliff (doubles $45). For more modest accommodations, try Sailor Jack's in Lincoln City (doubles $27). Salmon charters and sight-seeing cruises sail from tiny Depoe Bay, a picturesque little harbor that's home port for a busy commercial fishing fleet.

Set aside the better part of a day for busy Newport, where you can stroll the historic old waterfront, poke around an 80-year-old schooner (at Dock 1; $1, 75 cents for kids), and view marine life close up at Undersea Gardens ($2, kids $1). Stop by Mo's to sample some of the tastiest clam chowder anywhere along the coast. At Oregon State University's Marine Science Center across the bay, there are displays and aquarium exhibits to delight the whole family. The look-and-touch tanks hold everything from starfish to live octopus.

To overnight in Newport, try the Embarcadero, a big condominium complex overlooking the harbor (doubles $48 to $65) or the Jolly Knight Motel (doubles $22 to $28). Pier 101 in Lincoln City serves some of the best seafood on this part of the coast.

For more details, contact the Oregon Coast Association, 559 Southwest Coast Highway, Newport, OR 97365, or the Travel Information Section, Oregon Hospitality and Visitors Association, 610 S.W. Broadway, Room 305, Portland, OR 97207 (call 800/547-4901 toll free).

Photograph: David Falconer

"I'm More satisfied."

"More delivers great, satisfying taste, and that's not all More's 120mm length delivers satisfaction that lasts longer.

"And I like the style of a tall, slim brown cigarette. Satisfaction? Give me More."

More. For that extra measure of satisfaction.



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

21 mg. "tar", 1.8 mg. nicotine av. per cigarette by FTC method.

begins on page 38

Keepsake samplers

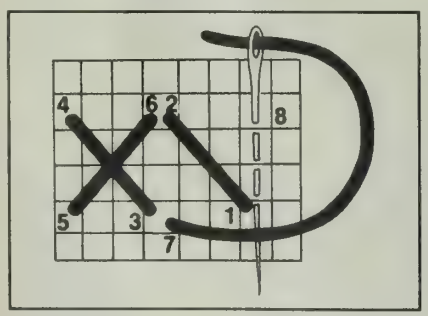
General instructions:

All of the projects shown on pages 38 through 41 are made with one basic embroidery stitch—the cross-stitch. Before you begin working a cross-stitch sampler, practice on a piece of scrap fabric.

Thread an embroidery needle with pearl cotton thread or embroidery floss and begin stitching on even-weave linen, Aida, or hardanger cloth that's secured in an embroidery hoop.

To make sure each cross-stitch is the same size, it's important to count the number of threads in your fabric carefully. Use the weave of the fabric to establish the boundary for each cross-stitch. By counting the number of threads in your fabric, you can form equal-size cross-stitches throughout your entire design.

Begin by making a stitch that slants from lower right to upper left, using the weave of the fabric to determine the size and placement of the stitch (see diagram, *below*). Repeat this slanting stitch consistently until you reach the end of a row; make sure each stitch is the same size by counting and spacing the stitches correctly.



After you reach the end of a row, work back across the half cross-stitches with a row of stitches that slants from lower left to upper right (see diagram, *above*). This 2-step combination will result in an X shape, as shown in the diagram.

Cross-stitches look best if they are uniform in size and if the "crossing threads" lie in the same direction.

Specific patterns and instructions for the projects shown on pages 38 through 41 follow.



1 Square = 1 Cross-stitch

▲ COLOR KEY
- ⊠ Blue
- ⊡ Red
- ⊘ Yellow
- ⊙ Green
- ■ Brown

TREE OF LIFE SAMPLER, page 40

To order kit, see page 74

(Finished size is 12x15 inches)

Materials:

½ yd. 11-count ecru Aida cloth or even-weave linen; 2 skeins of embroidery floss in each of the following colors: blue, red, yellow, green, brown; embroidery needle; embroidery hoop; masking tape; water-erasable pen.

Instructions:

1. Bind the edges of the fabric with masking tape. Locate the center of the fabric—where the center horizontal and vertical threads meet—and mark with a water-erasable pen.

2. Cut 32-inch lengths of embroidery floss, thread the needle with 2 strands of brown floss, and place the fabric in an embroidery hoop. Begin stitching the brown horizontal row that goes through the center of the design (see diagram, *above*), taking each stitch over 1 thread of fabric. (Refer to the diagram, *above*.) Use 2 strands of floss throughout.

3. Finish working the entire center design and begin stitching the outer blue border, stitching a letter or a design motif in each square. Refer to the diagram for colors and placement.

4. Block the fabric by pressing it lightly, using a clean, damp towel. Center the sampler on a piece of mat board or hardboard. Frame the sampler and hang it as desired.

"KIND WORDS" SAMPLER, page 38

To order kit, see page 74

(Finished size is 13x13 inches)

Materials:

continued

Save $200* on this Cosmolite sofa group from Sears

Sears
Carnival of Values
July 27-August 23, 1980

xciting Cosmolite—seen below—gives you three independent sofa nits at one sensational price. Just $1299.88 for the left arm wedge, ght arm wedge and armless demi. Velvety sofa sections you can arrange to an "L," a sofa pit, or even a free-standing island. All have front casters r easy moving, and sturdy reinforced frames. Sofa upholstered in urable acrylic velvet and treated with SCOTCHGARD® Brand Fabric rotector to help resist stains.

Save on matching sofa sleeper. Need sleeping space in your ving room? The center armless section is also available as a convertible eeper.

Save $20*-30* on Manhasset modular pieces. Arrange them ny way. Beautifully button-tufted for solid comfort. Save $30* on arm-ss piece, now $179.88. Save $30* on corner piece, now $189.88. And 20* on ottoman, now just $99.88.

Save $15* on brass-plated sofa arc lamp. Graceful arc lamp ands 70 inches high and extends a full 56 inches. Painted metal base. low only $64.99. Other contemporary lamps are also on sale—in rome or brass finishes.

*These are the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.



Put together an exciting Manhasset modular sofa pit—with $20-30* savings on matching pieces.*



Sears Where America shops for Value

continued

Keepsake samplers

½ yd. 18-count white Aida cloth; #5 pearl cotton thread in the following amounts and colors: 2 skeins wine, 1 skein green, 1 skein rose, 1 skein lavender, 1 skein blue, 1 skein navy; embroidery needle; embroidery hoop; masking tape; water-erasable pen; ½ yd. floral backing fabric; 52 inches eyelet lace trim; polyester fiberfill.

Instructions:

1. Bind the edges of the Aida cloth with masking tape to prevent raveling. Find the center of the fabric by locating the center horizontal and vertical threads and mark with a water-erasable pen. Place your fabric in an embroidery hoop and thread a 32-inch length of wine-colored pearl cotton through the needle. Begin by drawing the thread from back to front, leaving a 2-inch tail on the back and catching the tail in the first several stitches to secure it. To end, weave the thread through 4 or 5 stitches on the back of the fabric. Do not carry the thread across the back of the fabric because it might show through to the front side.



▲ 1 Square = 1 Cross-stitch



1 Square = 1 Cross-stitch ▼

◄ COLOR KEY	▲ COLOR KEY
☒ Dark Blue	☒ Wine
⊞ Medium Blue	⊙ Green
■ Light Blue	◎ Rose
◎ Pink	◪ Lavender
⊙ Pale Pink	⊞ Blue
◪ Olive Green	■ Navy

2. Begin stitching the letters, referring to the diagram, *above*, and using the center of the fabric as your point of reference for positioning the letters.

Work each cross-stitch, leaving an empty mesh in the center of each stitch (crossing over 2 threads of fabric).

3. Finish working the letters as shown in the diagram, *above*, and begin the wreath and flower basket motifs, positioning each design carefully. Refer to the diagram for colors.

Work the border as shown, using one color at a time.

4. To finish, press the fabric lightly, using a clean, damp towel. Trim the outside edges to within 1½ inches of

continued



Save on Bonnet teen canopy bed from Sears-only $74.88 twin size

Now 50%* off

A romantic canopy bed. Seems like every girl dreams of having one. And right now, the Bonnet canopy bed is just half its regular price. Bonnet is styled in the charming French Provincial tradition. Delicately finished in wood-grained antique white, trimmed with the color of burnished gold. Canopy frame and bed rails included.

Graceful, high-sweeping canopy frame and 4-poster bed are designed exclusively for Sears. Assembly is easy—no loose parts, no tools needed. You can adjust the frame to give most any canopy cover a neat, tailored look. Sturdily constructed of wood, polystyrene and steel.

Save $20 on matching pieces. Tops are covered with plastic overlay to help resist marring, scratching and stains. You'll find Bonnet chair and mirror, too—both at Sears everyday low prices.

Save $5* on matching lamp. Bonnet accent lamp with carved hardwood column and metal base. White pleated vinyl shade. Now only $14.99.

**This is the minimum savings nationally. Regular prices vary in some markets.*

Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

Sears Where America shops for Value



continued

Keepsake samplers

the design and cut a matching size piece of backing fabric. Cut and piece a 4-inch-wide strip of fabric and fold it in half for the ruffle. Baste the long ends together and gently pull the stitches to gather the fabric. Baste the ruffle and the eyelet lace to the pillow front, and with right sides facing, sew the front and back sides together, using a ½-inch seam allowance. Leave a 6-inch opening in one side; turn right side out, stuff, and slip-stitch the opening closed.



1 Square = 1 Cross-stitch

"CONSTANT USE" SAMPLER, page 40

(Finished size is 14x14 inches)

Materials:

½ yd. 11-count ecru Aida cloth or even-weave linen; #5 pearl cotton thread in the following amounts and colors: 2 skeins dark blue, 1 skein medium blue, 1 skein light blue, 1 skein pink, 1 skein pale pink, 1 skein olive green; embroidery needle; embroidery hoop; masking tape; water-erasable pen; ½ yd. floral fabric; 60 inches eyelet lace trim; polyester fiberfill.

Instructions:

1. Follow the same instructions for the "Kind Words" sampler, *except* do *not* leave an empty mesh in the center of each stitch. (Work each stitch over 1

COLOR KEY

- ☒ Green
- ◙ Coral
- ■ Red
- ◪ Gold
- ⊡ Light Blue



1 Square = 1 Cross-stitch

COLOR KEY

☒ Brown	◫ Wine	⊞ Turquoise
■ Antique Gold	◪ Rose	◉ Bold Blue
◣ Leaf Green	⊟ Pink	◎ Medium Blue
⊡ Light Blue	◪ Stem Green	

thread in the fabric only.)

Refer to the diagram, *page 142.*

2. To finish, see instructions for the "Kind Words" sampler.

"A TRUE FRIEND" SAMPLER, page 40

To order kit, see page 74

(Finished size is 9x14 inches)

Materials:

½ yd. 22-count white hardanger cloth; #5 pearl cotton thread in the following amounts and colors: 2 skeins green, 1 skein red, 1 skein light blue, 1 skein coral, 1 skein gold; embroidery needle; embroidery hoop; masking tape; water-erasable pen; ½ yd. floral fabric; 58 inches eyelet lace; fiberfill.

Instructions:

1. Follow the instructions for the "Kind Words" sampler, working each cross-stitch over 2 threads of fabric (leave an empty mesh in the center of each stitch). Refer to the diagram, *page 144,* for color and placement.

2. To finish, see instructions for "Kind Words" sampler.

continued



Sears
Carnival of Values
July 27-August 23, 1980

Save 25% on Sears Custom Casement Fabrics

The textured look is today's way to dress a window. And you'll find an abundance of custom casement fabrics now on sale at Sears. Nubby textures to add interest to any room. Open weaves for sunny corners. Practical close weaves for privacy. No limit to the looks you'll create with 70 colors and nine patterns to choose from. All at a savings of 25%.

Free Ideas Book. Stop by Sears Custom Shop in our drapery department or call to arrange for a free home visit from a Sears Decorator Consultant. Along with this visit, you'll receive a free copy of Sears new 68-pg. *Decorating Ideas* book. No charge or obligation.

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Now you can kill wasps and hornets in their nests from...

...12 ft. away!

Raid Wasp & Hornet Killer has a long-distance spray-nozzle to keep you at a good distance. You spray it directly on the nest. It kills on contact and saturates the nest to kill late-coming or returning insects. Use it once and the job is done.



Raid
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stitch to be uniform in size so be sure to count the threads in your canvas carefully.

Make each cross-stitch over 2 threads of canvas, leaving an empty mesh in the center of each stitch. Work one color at a time; to end, weave the yarn through 4 or 5 stitches on the back of the canvas.

4. After completing the center rose motif, work the antique gold horizontal row directly above the rose, following the pattern, shown. Then, begin stitching the leaf green and stem green horizontal row, referring to the pattern. Work a complete row at a time so the crossing threads fall in the same direction.

5. Complete the wavelike row of bold blue stitches and then begin working the bottom row of letters, placing each letter as shown in the pattern.

Begin stitching the antique gold "zigzag" row and then work the top row of letters.

Finish working all of the design inside the turquoise border. Then begin stitching the outer floral border, working the white background last.

6. Block the rug on a clean, padded blocking board and let the rug dry overnight. Then press it lightly on the wrong side for a smooth texture.

Turn the 2-inch canvas borders under along each side, and slip-stitch the canvas to the back of the rug. Apply liquid latex rug backing to the stitched area and let dry.

Slip-stitch a white felt backing to the back of the rug, turning the raw edges under. Place a rug pad under the sampler rug so it will wear longer and look better.

continued

Keepsake samplers

SAMPLER RUG, page 38

(Finished size is 36x52 inches)

Materials:

1⅔ yds. 40-inch-wide 7-count quick-point canvas; 70-yd. skeins of acrylic rug yarn in the following amounts and colors: 1 brown, 1 antique gold, 2 leaf green, 2 stem green, 1 turquoise, 1 bold blue, 1 medium blue, 1 light blue, 1 wine, 1 rose, 1 pink, 12 white; #17 tapestry needle; masking tape; water-erasable pen; 1⅔ yds. white felt; liquid latex rug backing; needlepoint frame (optional).

Instructions:

1. Bind the edges of the canvas with masking tape to prevent raveling. Find the center of the canvas by locating the center horizontal and vertical threads and mark with a water-erasable pen. If desired, mount the canvas in a needlepoint frame to help reduce distortion.

2. Cut 30-inch lengths of rug yarn and thread the yarn through the needle. Begin stitching the center rose motif, using the center of the canvas to position the motif. Refer to the diagram, *page 145*, for colors and placement. (If the yarn begins to look worn, cut shorter pieces.)

3. To begin stitching, draw the yarn to the front of the canvas, leaving a 1-inch tail on the back. Hold the tail in back and catch it in the first several stitches to secure it. Clip ends. Remember that it's important for each cross-



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Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

KEEPSAKE SAMPLERS TO CROSS-STITCH

Page 38: Rug yarn—Aunt Lydia's acrylic rug yarn, American Thread Co., High Ridge Park, Stamford, CT 06905. Pearl cotton thread and embroidery floss—DMC, 107 Trumbull Street, Elizabeth, NJ 07206.

A KITCHEN THAT HAS IT ALL

Pages 42-43 (left): Cooktop—Tappan Co., 250 Wayne St., Mansfield, OH 44901. Refrigerator and oven—Hotpoint, General Electric Co., Appliance Park, Louisville, KY 40225. Window in plant area—Tonka Wood Products, 123 Columbia Ct., Chaska, MN 55318. Counter top—The Formica Corp., Berdin Ave., Wayne, NJ 07470. (Bottom right): Dishwasher—KitchenAid, Hobart Mfg. Co., Troy, OH 45373. Window over sink—Super Sky Products, 629 France ave., N., Minneapolis, MN 55402. Lighting—Lightolier, Inc., 346 Claremont Ave., Jersey City, NJ 07305.

PERSONALITY DECORATING

Page 79: Paint for walls "Wild Cherry"—Pratt & Lambert, 75 Tonawanda St., Box 22, Buffalo NY 14240. Window blinds—Levolor Lorentzen, 720 Monroe St., Hoboken, NJ 07030.

Page 80: Wicker sofa and coffee table base—Tropic-Cal, 5716 Alba St., Los Angeles, CA 90058. Lamp by sofa—Chapman Mfg. Co., 481 W. Main St., Avon, MA 02322.



Page 81: Fabric on sofa, screen, table—Ethan Allen, Inc., Ethan Allen Dr., Danbury, CT 06810.

Page 83: All fabrics—Brunschwig & Fils, Inc., 979 Third Ave., New York, NY 10022.

Page 84: Sofa—Dunbar, 601 S. Fulton St., Berne, IN 46711. Chairs—Swaim Originals, 200 E. Linden, High Point, NC 27260.

GRAND OPENING OF A LITTLE OLD HOUSE

Pages 88-89: Sofa in living room—Hickory Tavern Furniture Co., P.O. Drawer 815, Conover, NC 28613. Chair in living room (foreground)—Baker Knapp & Tubbs, Inc., 10 Milling Rd., Holland, MI 49423. Sofa in den—Simmons Co., 1 Park Ave., New York, NY 10016.

Page 89: Custom-made entry door—Lafitte Sash and Door Co., 1228 S. Dupre St., New Orleans, LA 70125

Page 90: Ceiling fan—Hunter Div. of Robbins & Myers, Inc., 2500 Frisco Ave., Memphis TN 38114. Desk—Founders Div. of Thomasville Furniture Industries, Inc., Thomasville, NC 27360.

Page 91: Cabinets—Brandom Manufacturing Corp. of Texas, P.O. Box 636, Keene, TX 76059. Stove top—Caloric Sales Corp., Township Line and Washington Lane, Wyncote, PA 19095. Dishwasher—General Electric Corp., Appliance Park, Louisville, KY 40225. Sinks—American Standard, Inc., 40 W. 40th St., New York, NY 10018. Faucet—Delta Faucet Co., P.O. Box 40668, Indianapolis, IN 46240.

ONE AND ONE MAKES THREE

Pages 92-93: Following are the dinnerware, glassware, and flatware used in all three pictures: Dinnerware with green band "Ming Green"—Mikasa, 41 Madison Ave., New York, NY 10010. Floral dinnerware "Summer Palace"—Spode, Royal Worcester Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816. Sterling flatware "Burgundy"—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780. Stainless flatware "Hamilton"—Towle Silversmiths, 260 Merrimac St., Newburyport, MA 01950. Crystal glassware "Milano"—Villeroy & Boch, 41 Madison Ave., New York, NY 10010. Informal glassware "Canterbury II"—Tiffin Crystal, Division of Towle Silversmiths, 4th Ave., and Vine St., Tiffin, OH 44883.

Page 92: Pair crystal candlesticks—Waterford, 225 Fifth Ave., New York, NY 10010. Single crystal candlestick—The Gorham Co., 333 Adelaide Ave., Providence, RI 02907. Decanter—Pairpoint Glass Co., Inc., 851 Sandwich Rd., Sagamore, MA 02561. Crystal basket—Kristaluxus, 225 Fifth Ave., New York, NY 10010. Antique linens—Halcyon Days, 140 E. 73rd St., New York, NY 10021.

Page 93 (top): Weather vane—Smithsonian Institution, P.O. Box 2456, Washington, DC 20013. Pottery basket—David Heger, Inc., 1335 Third Ave., New York, NY 10021. Wood tray—Harriet Amanda Chapman, Inc., 225 Fifth Ave., New York, NY 10010. Antique miniature chair—Kelter-Malce, 361 Bleecker St., New York, NY 10014. Apple—Eigen Arts, 579 Broadway, New York, NY 10012. Amethyst vase—Pairpoint Glass Co. (address above). Decoy ducks—Blair Rubel, Ltd., 225 Fifth Ave., New York, NY 10010. Print "The Plantation"—The Metropolitan Museum of Art, P.O. Box 255, Gracie Sta., New York, NY 10028. (Bottom): Napkin rings—Mosseri, 225 Fifth Ave., New York, NY 10010. Cake dish—Colony, 225 Fifth Ave., New York, NY 10010. Wheat stalk ornaments—Blair Rubel, Ltd. (address above). Cording for soft sculpture basket—Graber-Conso Co., Graber Plaza, Middleton, WI 53562.



A COOK'S CATALOG OF FRESH SUMMER VEGETABLES

Page 96 (bottom left): Stainless pizza pan—Pfaltzgraff Co., 140 E. Market St., York, PA 17401. (Top): Stainless platter—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010.

Page 97 (bottom): Stainless platter—Wilton Armetale, Columbia, PA 17512. (Top): Stainless casserole bowl—Finel Waertsilae USA Inc., 225 Fifth Ave., New York, NY 10010.

Page 98 (top): Glass bowl—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010.

Page 99 (top): Glass bowl—Block China Corp., 11 E. 26th St., New York, NY 10010.

PRIZE TESTED RECIPES

Page 109 (left): Dish—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, NJ 08873. (Right): Plate—Pfaltzgraff Co., 140 E. Market St., York, PA 17401.

Page 110 (left): Glass—Gorham, Div. of Textron, 333 Adelaide Ave., Providence RI 02907. Spoon "Chateau"—Oneida Silversmiths, Kenwood Station, Oneida, NY 13421. (Center left): Soufflé dish—Arabia of Finland, 5603 Howard St., Niles IL 60648. Spoon—Oneida Silversmith (address above). (Center right): Pie plate—Quon-Quon, 2801 E. 12th St., Los Angeles, CA 90023. Fork "Omni"—Oneida Silversmith (address above). (Right) Dessert plate "Clover"—H. E. Lauffer Co., Inc. (address above).

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Shopping for men's shirts

When you shop for men's shirts, you're looking for durability and wrinkle-resistance as well as good looks. How a shirt measures up depends on what it's made of. Here's what fiber content labels can tell you.

Cotton

After becoming almost extinct a few years ago, 100-percent-cotton shirts are fashionable again.

Most men realize cotton garments are comfortable to wear since the fiber absorbs body moisture and at the same time lets body heat pass through the fabric. But as cotton shirts reappear on the racks, expect to see some old problems resurface. Fabrics which have not been treated with a no-iron finish need to be sprinkled or sprayed with starch before ironing. Shirts will have a slept-in look before the day is half over.

On the other hand, 100-percent-cotton fabrics which have been treated to resist wrinkles will be more brittle. Collars will probably fray, and crease lines will show wear fairly quickly.

Polyester

Shirts made of 100-percent polyester, have been on the increase during the past few years. Polyester is strong, but fibers still break, and instead of coming off in the form of lint, balls of fiber form on the fabric surface. When that happens, fabric looks rough and unpresentable even though the shirt may have a lot of wear left in it. Unlike natural fibers, polyester feels clammy in hot weather and cold in the winter.

Polyester fibers are dyed to make whites look very white. Still, laundering a polyester shirt is sometimes a problem since the fibers absorb grease and oil. "Ring-around-the-collar" really is a common complaint.

Blends

Both cotton and polyester have some good features and some drawbacks, but the blending of the two is a good marriage. In fact, shirts in the $9 to $20 price range that are made of this blend will likely wear as well and wrinkle as little as anything on the market.

Acetate

Fabrics containing acetate, either 100 percent acetate or a preponderance of acetate, will not usually perform satisfactorily. When the shirts are new, the colors are bright and the fabrics crisp, but the shirts often become limp and lose color when laundered.

Nylon

Like another synthetic fiber, polyester, nylon is uncomfortable to wear in very hot or very cold weather.

Most nylon shirts are knit golf shirts. These generally snag fairly easily, and whites eventually yellow. But if the nylon is blended with other reliable fibers, the negative aspects of nylon may not be noticeable. When laundering nylon, permanent press, polyester, or acetate shirts, wash in small loads, (six to eight shirts) but use the large load water level selection. Do not use liquid bleach on these fabrics.





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FOOD

How to tenderize meat

A thrifty cut of meat really can be just as tender, juicy, and delicious as a costlier steak or roast. The secret is to give that budget meat cut a little extra TLC before cooking it. Here are some guidelines.

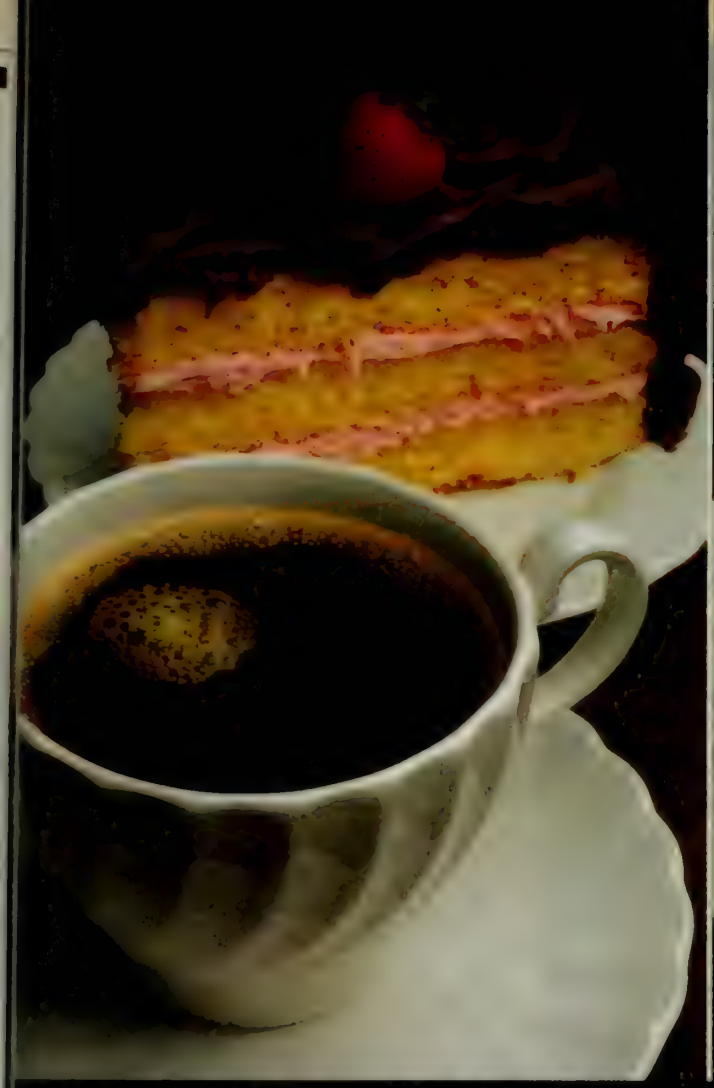
Tenderizing methods

- **Pounding, grinding, and chopping** are probably the most effective home methods for tenderizing meat. Pounding the surface of raw meat with the coarse-toothed edge of a metal or wooden meat mallet breaks down some of the tough meat fibers. Season the meat before pounding, then pound it on both sides from center to edges.

When choosing a meat mallet, make sure it's heavy but comfortable to hold and swing. Because of its weight, a metal mallet is a better choice than a mallet made of wood. A metal mallet is also easier to clean.

Meat can also be tenderized by grinding and chopping because the tough fibers are cut in the process.

- **Marinating** meat is one of the simplest ways to tenderize meat, and the meat is seasoned at the same time. To be effective, the marinade must contain an acidic ingredient such as tomato sauce, vinegar, citrus juice, sour cream, or yogurt. The tenderizing effect of a marinade works best on chops, steaks, and smaller pieces of meat. A marinade will add more flavor than tenderness to a large roast. To marinate chops or smaller pieces of meat, place them in a shallow glass dish. Cover the dish and turn the meat pieces occasionally in the marinade. To marinate a large roast, place the meat in a large, clear plastic bag and set it in a deep bowl. Pour marinade over the meat and close the bag. Press the bag against the meat occasionally to distribute the marinade.
- **Powdered instant meat tenderizers,** available both seasoned and unseasoned, can also soften tougher meat cuts. The tenderizers contain a plant enzyme that breaks down the tough fibers. Follow manufacturers' directions when you use these products.





How can coffee be worth serving...

if it isn't worth seconds?



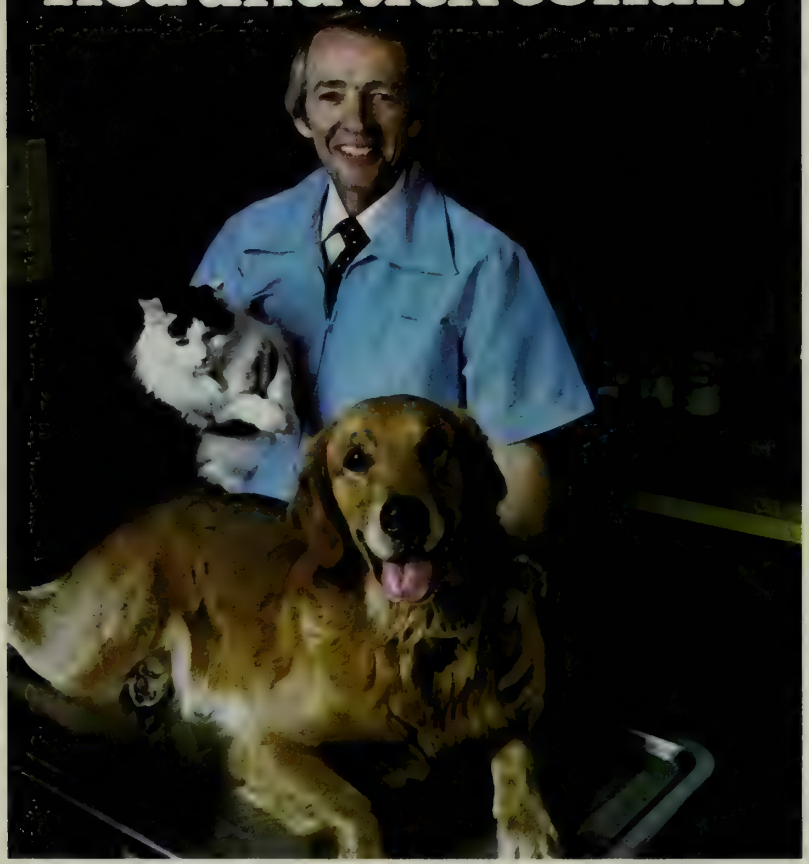
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BUILDING

Choosing a paintbrush

Now that the outdoor painting season is here, it's time to brush up on brush buymanship. Here's a short course on how to select a paintbrush that will keep its bristles and help your painting job go smoothly.

Matching the brush to the paint

First, consider which paint you will be using, since some brushes are made especially for use with certain kinds of paint.

- Choose a natural hog-bristle brush for use with oil-base paints. Such a brush will hold the paint well and distribute it evenly.
- Select nylon or polyester bristles for latex and other water-base paints. These bristles apply paint as evenly as natural bristles do, but they don't absorb water from the paint.
- If you think you won't be using one kind of paint exclusively, get a brush with blended polyester-nylon bristles which can be used with oil-base *and* water-base paints.

Judging overall quality

While you're in the store, take a few minutes to inspect some brushes.

- Hold the brush up to the light and look at the tips of the bristles. They should not be transparent.
- Check the lengths of the bristles. A good brush will have an orderly arrangement of short and long bristles for the recommended taper.
- Feel the bristles to determine their flexibility and resiliency. Do you think the brush will let you apply paint in consistently smooth but firm strokes?
- Check for filler strips at the base of the bristles by separating two bunches of bristles and looking down inside the handle. These filler strips form a paint reservoir.
- Inspect nylon or polyester bristles for a dull finish. Glossy bristles won't pick up and hold onto the desired amount of paint.
- When shopping for a brush to use for cut-in work around trim and windows, find one that has bristles cut off at an angle. The bristles should have a uniformly chiseled look.

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SAUERKRAUT SURPRISES

That all-time favorite, sauerkraut, can be the start of some unexpected culinary creations, even sweets. It's the sauerkraut that contributes extra moistness, intriguing texture, and unique tang.



SAUERKRAUT-CHOCOLATE CAKE

½ cup butter *or* margarine
1½ cups sugar
3 eggs
1 teaspoon vanilla
2 cups all-purpose flour
½ cup unsweetened cocoa powder
1 teaspoon baking powder
1 teaspoon baking soda
1 8-ounce can sauerkraut, drained
1 recipe Chocolate Frosting

In mixer bowl beat the butter or margarine and sugar till fluffy. Beat in eggs, one at a time, beating well after each. Add vanilla. Stir together the flour, cocoa, baking powder, soda, and ¼ teaspoon *salt*. Add to creamed mixture alternately with 1 cup *water*, beating well after each addition. Rinse sauerkraut; drain thoroughly and finely snip. Stir sauerkraut into batter. Pour batter into a greased and floured 13x9x2-inch baking pan. Bake in a 350° oven for 35 to 40 minutes. Cool in pan. Spread Chocolate Frosting atop cooled cake.

Chocolate Frosting: In saucepan melt one 6-ounce package *semisweet chocolate pieces* and ¼ cup *butter* or *margarine* over low heat. Remove from heat; blend in ½ cup *dairy sour cream*, 1 teaspoon *vanilla*, and ¼ teaspoon *salt*. Gradually add 2½ to 2¾ cups sifted *powdered sugar*, beating till frosting is of spreading consistency.



SAUERKRAUT-CORN MUFFINS

A good accompaniment for soups—

2 slices bacon

• • •

Cooking oil
¾ cup all-purpose flour
¾ cup yellow cornmeal
⅓ cup sugar
1 tablespoon baking powder
½ teaspoon salt

• • •

1 8-ounce can sauerkraut, drained
1 beaten egg
½ cup milk

Cook bacon till crisp; drain. Crumble bacon; set aside. Reserve drippings.

Add enough cooking oil to drippings to make ¼ cup; set aside. In mixing bowl stir together the flour, yellow cornmeal, sugar, baking powder, and salt. Make a well in the center of the dry ingredients.

Rinse sauerkraut; drain thoroughly and finely snip. Combine the egg, milk, bacon dripping mixture, and sauerkraut. Add all at once to dry ingredients along with crumbled bacon, stirring just till moistened (batter will be lumpy).

Fill greased or paper-bake-cup-lined muffin pans ¾ full. Bake in 375° oven 25 to 30 minutes or till muffins are golden brown. Cool slightly on wire rack. Serve warm. Makes 12.



Photographs: Dieter

SAUERKRAUT-RAISIN DROPS

¾ cup butter *or* margarine, softened
1 cup packed brown sugar
1 egg
2 tablespoons milk
1 teaspoon vanilla
1 8-ounce can sauerkraut, drained
2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
¼ teaspoon salt
1 cup raisins
2½ cups sifted powdered sugar
3 tablespoons butter *or* margarine, softened
½ teaspoon vanilla
Milk (about 2 tablespoons)

In mixer bowl beat the ¾ cup butter or margarine and the brown sugar till fluffy. Add the egg, the first 2 tablespoons milk, and the 1 teaspoon vanilla; beat till fluffy.

Rinse sauerkraut; drain well and finely snip. Stir sauerkraut into creamed mixture. Stir together the flour, baking powder, cinnamon, and salt. Mix dry ingredients into batter. Stir in the raisins. Drop from teaspoon onto greased cookie sheet. Bake in a 350° oven for 10 to 12 minutes. Cool on rack.

For frosting: In bowl beat together the powdered sugar, the 3 tablespoons butter or margarine, and ½ teaspoon vanilla. Add enough milk to make frosting of spreading consistency. Frost cooled cookies. Makes 4 dozen.

The look of a wood roof. Without the drawbacks. Because it's made with fiber glass.

By Johns-Manville.



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The Jerry Lewis Labor Day Muscular Dystrophy Telethon.



Even if you miss a little, you miss a lot.

TRAVEL

Special airline meals

For years, flight kitchens have been preparing special meals for airline passengers on restricted diets. But today, some airlines offer you special meals even if you're not on a special diet. Be sure to ask the airline or a travel agent about in-the-air culinary choices when you book your flight.

Appetizing air fare

Typically, medical and religious considerations have dictated special menus. But now, some airlines also provide other choices, like a popular vegetarian meal and those all-time favorites, hot dogs and hamburgers. United Airlines, for example, lists at least 18 meals on its bill of fare, including Oriental (stir-fried), Hindu (a vegetarian variation), and soul food (barbecued pork chop, hot sauce, and black-eyed peas).

But passengers under doctors' orders aren't being neglected. Airlines still supply medically restricted meals, like low-sodium, low-cholesterol, diabetic, and hypoglycemic foods.

Most meals are prepared by individual airlines or commercial flight kitchens. But kosher and Hindu meals, for instance, usually are handled by caterers that specialize in such religious fare. Low-calorie or other special meals may be prepared by groups like Weight Watchers International, Inc.

How to place your order

Plan on ordering your special meal (breakfast, lunch, or dinner) at the same time you make your flight reservation. Most carriers require at least a 24-hour notice. Meal descriptions normally are stored in the airline's reservations computer. Just ask an airline ticket agent or travel agent about the choices and place your order (written menus aren't available).

When it's mealtime in the air, the flight attendant will announce your name and ask you to identify yourself by raising your hand or pressing a call button. (Don't change your mind, or you'll throw off the meal count.) Then, you'll be served your special meal—often ahead of the other passengers.

Wall-hung collectibles

When you want to showcase a collection of antiques, give some thought to the backdrop as well as to which pieces you'll place where. Here are three examples of how a simple yet special wall treatment can set the stage for a grouping of wall-hung treasures.



Photograph: Jessie Walker. Design: Paul Eckley

▲ These rough-textured and timeworn handmade baskets and American primitives look completely at home against a rustic wood-shingled wall. The uniform pattern of the overlapping shingles makes a pleasing contrast to the free-form arrangement.



Photographs: Mike Dieter
Design: Donna Martin. Field editor: Maxine Schweiker

▲ Country-fresh gingham wallpaper and a painted-to-match dado are a fitting background for these collectibles from yesteryear's kitchen. A wall-hung shelf with lacy ironwork brackets provides stashing space for assorted jars, canisters, and trays.

▶ A wall stencil inspired by a colonial design frames this family room grouping and highlights the handsome window and wall moldings. The pattern is hand-painted just above the room's dado and around the double-hung windows. An Early American bench draped with an old quilt anchors the arrangement.





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A fix-it kit to carry in your car

Here's how to assemble a simple kit for on-the-road auto repairs. All of the items and a plastic fishing tackle box to hold them should cost you less than $50.

What goes in the kit

Unless you're a crack mechanic, you'll probably need a motor manual for your car. These books, available at auto parts stores, contain how-to information on quick repairs not included in your owner's manual.

For tools, pack four screwdrivers—one Phillips head and three sizes of regular screwdrivers. Add a medium-size crescent wrench, and a set of box-end and open-end wrenches that fit your car (refer to the motor manual for the sizes). Other items to include are small hooknose pliers (for hard-to-reach spots), Vise-Grips, a penknife, and a nail file (to burnish electrical contact points or clear carbon from spark plugs). Rolls of electrical tape and wire can patch holes in hoses or help you clear frozen gas lines in winter. The spare parts you'll need include fuses, one extra spark plug wire, hose clamps, and a small jar of odds and ends like washers, screws, springs, and cotter pins. Safe chemicals to add are a small bottle of gas line deicer, a little jar of baking soda for cleaning battery terminals, a tube of "super" glue, liquid solder for fixing breaks in electrical connections, and a can of waterless hand cleaner. A small squeeze bottle (not an aerosol can) of WD-40 or other lubricant can be useful for loosening rusted nuts or drying wet spark plug cables; remember that these products usually are flammable.

Also equip the tackle box with highway safety stick-flares and an orange felt-tip marker and a piece of white cardboard for making emergency signs.

Non-kit items

You may want to keep some larger replacement parts in out-of-the-way spots like the spare tire well or under a seat. These parts might include hoses, a fan belt, and a thermostat.

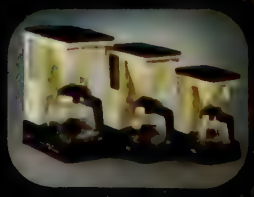
a really special steak dinner is to first rub each steak with a few drops of regular salad [illegible] Then [illegible]kle on about ½ tsp. of grated lemon peel along with some salt and pepper before broiling.

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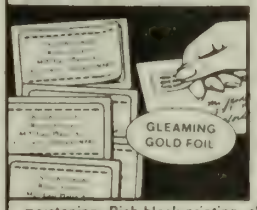
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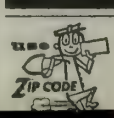
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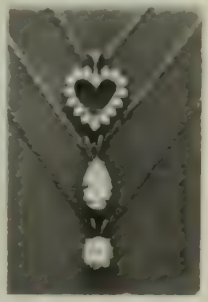
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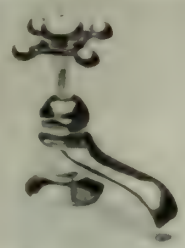




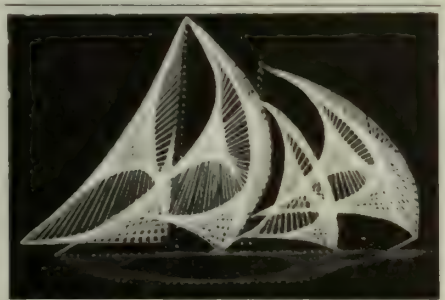
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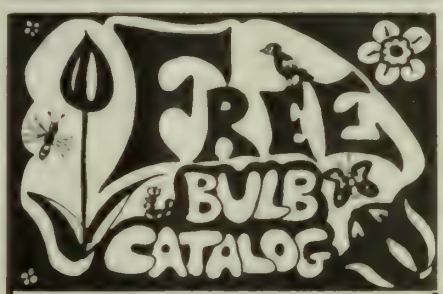
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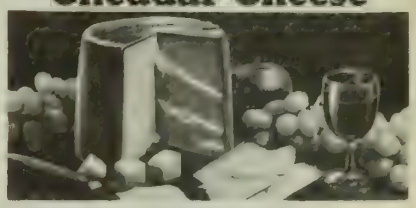
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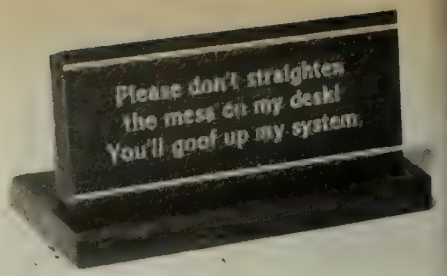
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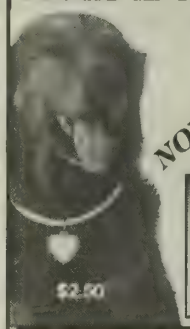
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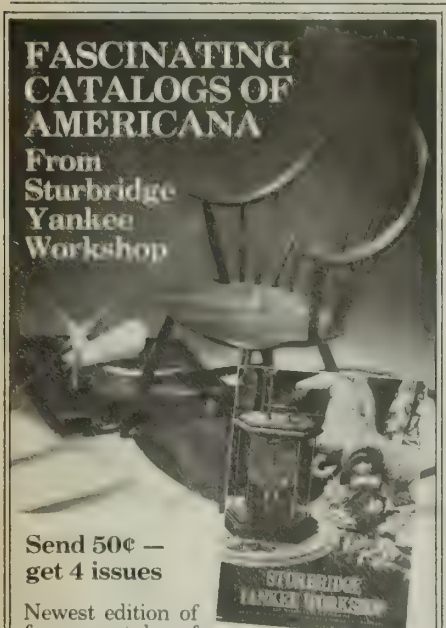
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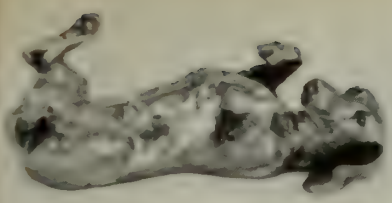
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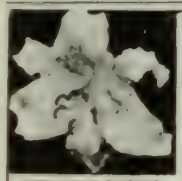
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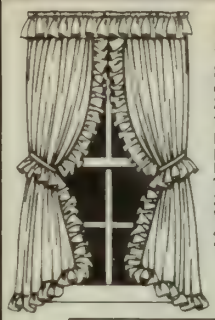
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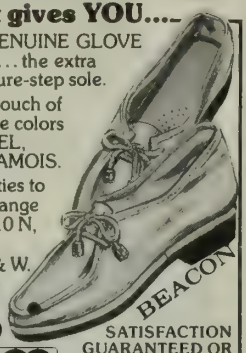
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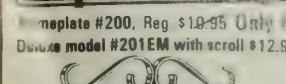
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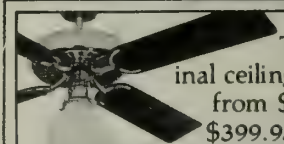
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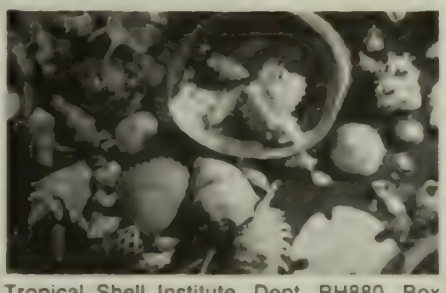
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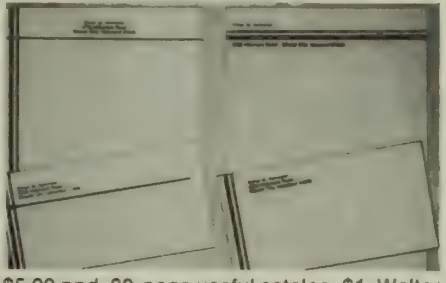
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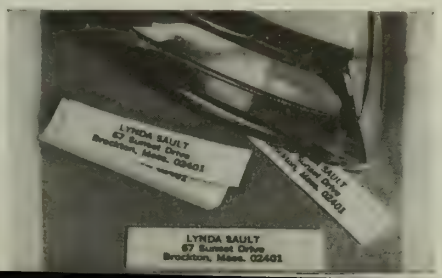
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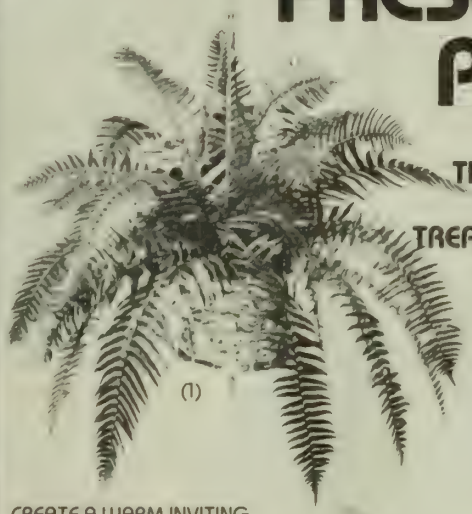


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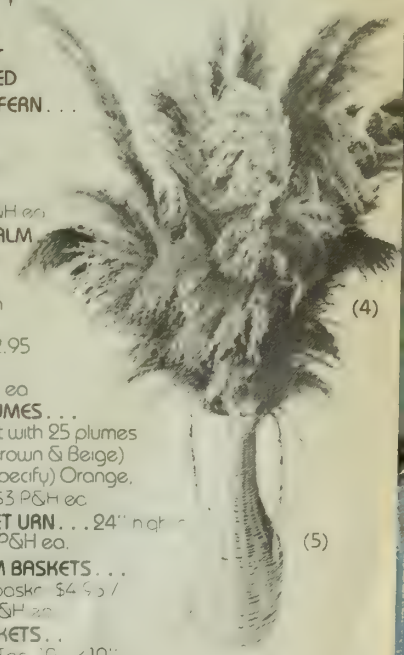
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Dottie Dresch says going to the supermarket these days is like a trip to Las Vegas: "Last time I left the store with my groceries, two game cards, six playing chips, and an odds sheet."

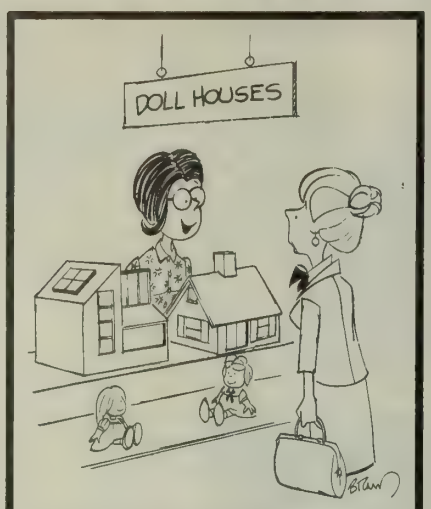
I can't help chuckling at the irony every time I drive by the new underground house being built at the edge of town. After thousands of years, it seems we've come full circle and found that the caveman had the most sensible form of housing after all.

In grammar school, I learned that the shortest distance between two points is a straight line. On vacation this summer, I learned that the shortest distance between two points usually is closed for repairs.

According to Christine, we averaged only two miles per gallon in the family car this summer. Of course, our Rosemary, who is home from college for the summer, got the other 20.

Amateur horticulturist Lee Bayless believes that plants do indeed grow faster when they are talked to. However, according to Lee, what really does the trick is gossip. "Just look at the healthy ferns in barber shops and beauty salons," he says.

Some folks are calling this a do-nothing Congress. And Ken Floyd says that judging from what they did do, we're lucky they didn't do any more.

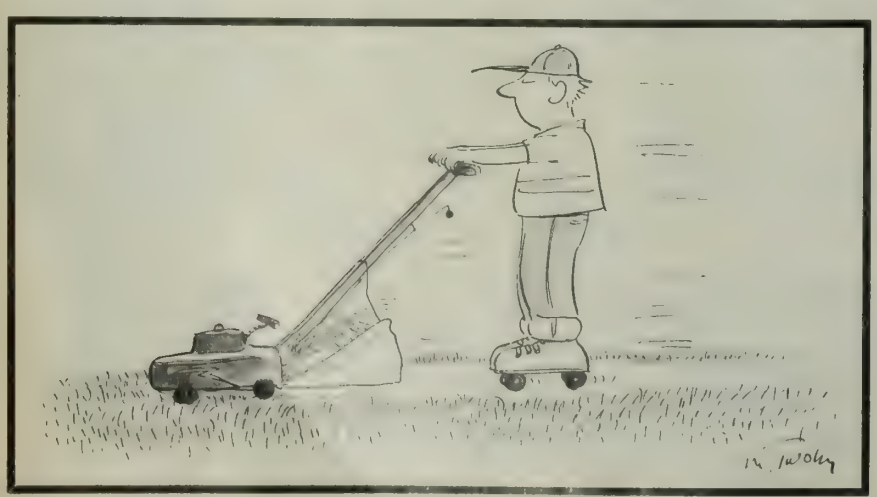


"Would you like the traditional or the solar?"

If grocery bills keep climbing, Christine says she's going to send out cards like this: "Mr. and Mrs. Burton Hillis are proud to announce the arrival of a three-pound, six-ounce chuck roast."

Liz Randall, who shops for a family of seven, has come up with three surefire ways to cut food costs: Watch the supermarket sales, use cents-off coupons, and get friendly with a neighbor who has a big vegetable garden.

After reading an article about all the artificial body parts that surgeons are using today, Chris teased that I might be due for an overhaul. But frankly, I'm sort of attached to the originals, thank you very much.



Chris and I tested the Normans' new hot tub the other evening. Afterward, Chris said she can appreciate the value of a hot tub but what really struck her was what an impressive planter the redwood tub would make.

With so many new books about partnering, birthing, and parenting, Elaine Cowan says she's all confused about nouning and verbing.

It's easy to forget how hectic schedules can pull a family apart. I sensed the dangers of busyness when our vacation was almost canceled this summer.

Rosemary said she'd rather be earning a few extra days' salary at her summer job. Burt, Jr., didn't want to miss a big softball game with a rival team. I wondered if I shouldn't stay home and paint the trim on the house. And Judy said she'd rather not miss her horseback riding lessons.

All the reasons for not *going seemed perfectly valid. Yet, after a lot of persuasion by Chris, we were on our way to the lake—only to be greeted by rainy, chilly weather and a cottage much smaller than we remembered from ten years before. With the closest town of size over 50 miles away, we had only each other's company—which turned out to be just what was needed.*

Somehow, after we got past dwelling on what we were missing back home, we became reacquainted with each other. We battled cabin fever by playing cards and charades, reading aloud, and preparing our improvised specialties in the make-do kitchen.

When the sun finally did break through, we had five more good days of fishing, swimming, boating, and—most important—companionship.

Of course, even good things have their limits, and one week of uninterrupted togetherness may have been our quota. By the time we pulled into our own driveway, each of us was ready to resume doing his and her own thing. But our vacation had reminded us that it's important to do our *thing—once a year, at the very least.*

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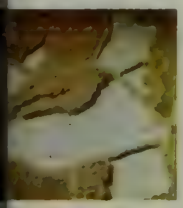
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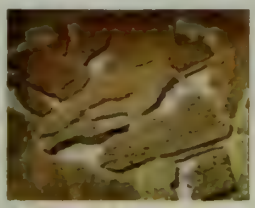
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Editors learn all sorts of things from audience surveys. Nationwide syndicated research, for instance, tells us how we're doing compared to other publications in the constant competition for readers' attention. At BH&G we're quite pleased with the latest figures. They show that our magazine now reaches about 37,346,000 people each month and that 73% of that number are women. Stir in some census figures, apply a little arithmetic, and you discover that the issue you hold in your hands will be read by more than one-third of all the women in America.

The nucleus of this audience consists of our subscribers—7,300,000 or thereabouts—and we're constantly conducting surveys to learn all we can about them. We know how many are married (87%), how many own their homes (92%), how many attended college (58%), their median family income ($24,942), even how many own a food processor (24%).

To gauge the potential appeal of various article ideas, we sample readers' opinions on a monthly basis. "Pretesting titles" is what we call it around here. "Post-tests" provide an after-the-fact measure of success by revealing how many people actually read specific articles. And the letters readers send us—about a thousand every month—let us know what they particularly like or dislike.

Published questionnaires are another source of information, and apparently as intriguing to readers as to editors. Our pretests suggest that one of this month's best-read articles will be the report on readers' replies to the survey we ran in March, "Is Government Helping or Hurting American Families?" I urge you to read it, although the results are disturbing—and, incidentally, they're in general agreement with the feelings of our own editors, who independently completed the same questionnaire.

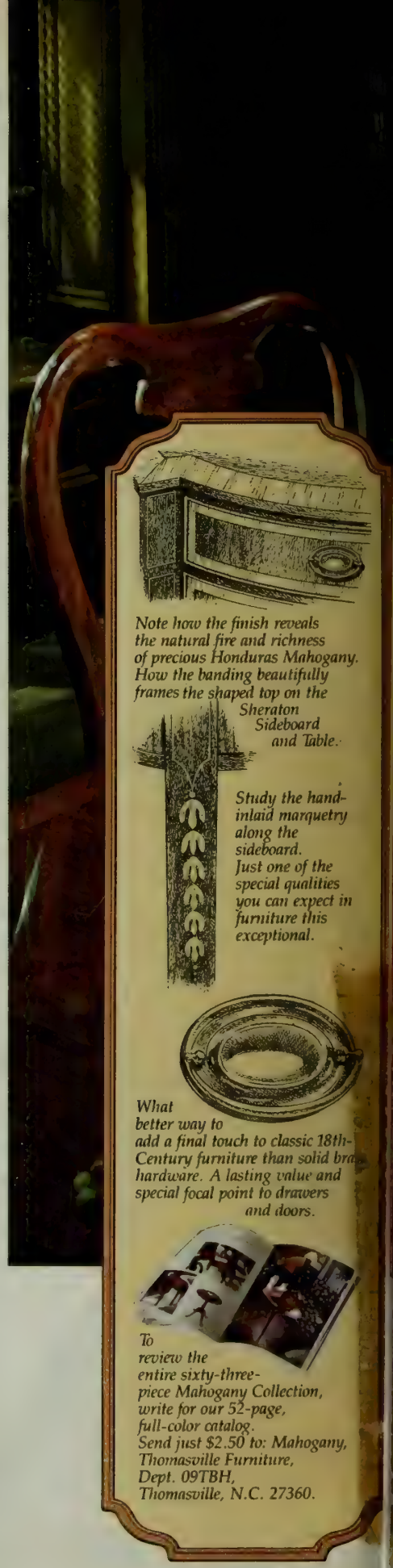
In responding to the survey's first question, for example, 92% of the readers (and 76% of our editors) said the general effect of government policies on middle-class families is harmful. An even greater majority—93% of the readers (and 88% of the editors)—said government policies over the next five years will lower their family's standard of living.

Technically speaking, the respondents to our survey are not a precise reflection of our magazine's audience. The sample is considered "self-selected" since some readers answered the questionnaire and others did not. But the demographic profile is impressive indeed: 77% of the respondents attended college, and their median family income exceeds $25,000. By no means are these people society's losers. They have no collective reason to be holding a grudge. They speak for middle America, and their voice is worth heeding.

We created our questionnaire to give readers an opportunity to send their opinions to the White House Conference on Families. Delegates to that body have received our report. Some were no doubt startled by the findings. You might be, too—not only by the numbers but by the tone of the comments many readers attached. One that caught my eye was from a woman in California who neatly summed up the majority's mood and then posed the biggest question of all. "We're bitter, angry, and frightened," she wrote. "Where do we go from here?"

Gordon Greer

Gordon Greer, Editor



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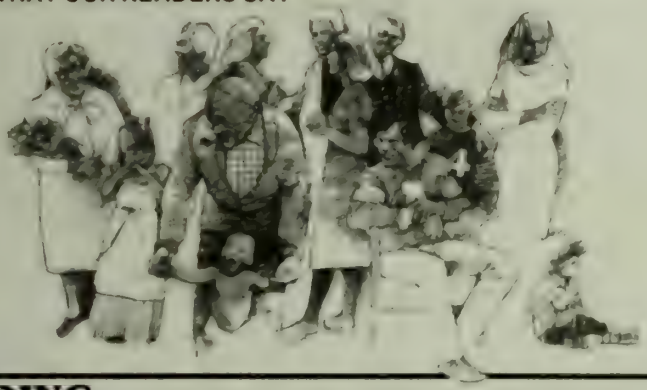
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By Kate Keating
Managing Editor



Is Government Helping or Hurting American Families?

HERE'S WHAT OUR READERS SAY

Last spring we published a questionnaire so we could find out what our readers thought about government's effect on families. Some 46,817 Better Homes and Gardens readers took the time to complete three pages of thought-provoking questions on topics ranging from taxes and nuclear power to day-care centers and health care costs. In addition, more than 4,000 respondents amplified their answers in accompanying letters.

A disturbing picture

Those completed questionnaires and letters reveal an enormous discontent. According to a majority of the respondents, the overall effect of government programs and policies is to weaken rather than strengthen family bonds and well-being. Respondents clearly want less government and less interference in their families' lives. Our middle-class families are angry and frustrated about government. They feel their pockets are being picked, their opinions ignored, their wants overlooked and unfulfilled.

Who answered this questionnaire?

As a group, the respondents are middle-class and middle-aged (although 33% are under 35 years of age, the median age is 42). Most of them (87%) are married and 83% have children. The median family income is $25,625, but 35% earn more than $30,000 a year, partly because so many are two-income families. About half the women (53%) in responding households are employed outside the home. And most of the respondents—88%—own their homes.

They are well educated: 77% have attended college, including 22% who have done postgraduate work.

These statistics don't add up to a cross section of the American population. The respondents' income and education levels and home ownership rates, for instance, are all higher than national medians. So is the percentage of respondents who are married. However, our goal was to poll the opinions of middle-class America, and the questionnaire did serve that purpose. Of course, the readers who answered the questions probably have more intense opinions, than readers who didn't respond.

Why such a questionnaire in Better Homes and Gardens?

When the White House Conference on Families scheduled hearings to look into how government policies affect family life, it occurred to us that getting our readers' views could be uniquely helpful to Conference delegates in assessing the mood of middle-class American families.

The women and men who buy this magazine do so primarily because of their strong interest in home and family. They are largely preoccupied with earning a living, maintaining a home, and raising children, yet the evidence is clear that they also are vitally concerned about their communities and country.

WHAT DO YOU THINK IS THE GENERAL EFFECT OF GOVERNMENT POLICIES ON MIDDLE-CLASS FAMILIES LIKE YOURS?

• Harmful	92%
• Helpful	4%
• No impact	4%

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Is Government Helping or Hurting American Families?

HERE'S WHAT OUR READERS SAY

Federal government bears the brunt

While respondents didn't exactly throw bouquets to state and local government, they did focus their criticism on federal government. *(In our questions about "government" we didn't specify federal, state, or local because many programs involve several levels of government. Significantly, and maybe surprisingly in an election year, few readers directed their complaints toward any particular political party or personality.)* Typical is this comment from a gentleman from Colorado: "This nation is facing a crisis that may shortly devastate it beyond its ability to recover—*too much bureaucracy.* Federal agencies have a 'death grip' on this nation and there is no letup in sight. The Congress, President, and Supreme Court can no longer control federal bureaucracy. It makes each citizen a 'pawn' of the state."

(Letter quotations in this report were chosen on the basis of oft-repeated opinions.)

A woman from Rhode Island complains, "Any programs run by government are awkwardly inefficient, expensive, and wasteful. We need *less* government, not more."

A husband and wife from Illinois speak for many who see government as taking more dollars than it's worth from family coffers: "Congress is the single biggest cause of inflation because of its complete disregard for any form of fiscal sanity. It's no longer a sensible, collectively governing body."

"Get government out of our lives," readers say

WOULD YOU LIKE TO SEE GOVERNMENT CONCERN ITSELF MORE WITH AMERICAN FAMILIES THROUGH ITS POLICIES?

- No, I want government out of my life as much as possible 73%
- Yes, government can and should do more through new programs or expansion of existing programs 16%
- No, present policies are adequate 4%



Many letter writers identified philosophically with Thomas Jefferson and quoted his famous line, "That government is best, which governs the least." A reader from Michigan put it this way: "I am appalled by the bureaucratization of the daily life of American families. We are overpromised and underserved. With paternalistic social programs that take away independence, individuality, and industriousness, our initiative suffers." And from Texas came this demand: "Get government *out* of our lives. If the government didn't take so much, they wouldn't have to 'help' so much."

Is the goose that lays the golden eggs a goner?

Middle-class families see themselves as bearing the greatest tax burdens. They complain that too many able-bodied "poor" are living off welfare handouts and that the rich get off easy, thanks to tax loopholes. And the inequitable tax burden imposed on middle-class taxpayers lessens their ability to provide for their families.

Letter after letter pointed out that the middle-class family pays more than its share of taxes and receives less than its share of benefits. Respondents deplore schools that do not adequately teach their children, social programs that subsidize unproductive people, lavish but ineffective foreign aid and military expenditures, an insensitive bureaucracy that drives them crazy, and a costly social security program that they expect will be bankrupt when they reach retirement.

Meanwhile, these middle Americans see inflation eroding their purchasing power and driving their taxes ever upward. Indeed, 93% of respondents think that government policies during the next five years will cause their families' purchasing power to fall, resulting in a lower standard of living. One breadwinner is no longer sufficient, they say, so even mothers who would prefer staying at home to care for their children must go out and get a job. Budgets must be stretched to cover the bare essentials. Family goals, such as college education or comfortable retirement, are seen as jeopardized or hopeless. This comment expresses a common view: "We middle-class citizens can be squeezed for only so many golden eggs—and then that's it!"

FROM THE STANDPOINT OF YOUR OWN FAMILY'S FUTURE FINANCIAL WELFARE, WHICH OF THE FOLLOWING WORRY YOU SERIOUSLY?

- Inflation 87%
- Runaway energy costs 73%
- Recession/depression 41%
- Unemployment 19%
- Other 18%

(We requested "check all that apply" for many questions, which is why some percentage totals exceed 100%.)

"Nobody cares what we think"

Frequently, respondents expressed gratitude for our questionnaire because they feel government doesn't give a hoot about their opinions. Typical is this comment from a Texan: "Thanks, Better Homes and Gardens. Even if my answers aren't earthshaking, it makes me feel better just to know that *someone* asked my opinion."

A reader from California poured out part of her frustrations this way: "Like many of our middle-class friends and neighbors, we feel that our tax dollars are benefiting everyone *but* us. We fork over tax dollars not only on paydays, but also in additional income taxes come April 15 because the military wants bigger, more absurd toys. We cough up more pennies, nickles, dimes, and dollars in further taxation when we purchase required items at the grocery store, when we buy a meal at a restaurant, when we

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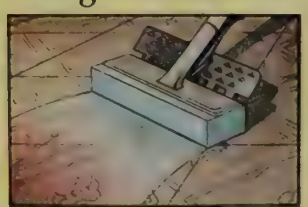
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Is Government Helping or Hurting American Families?

HERE'S WHAT OUR READERS SAY

cross a bridge, when we fuel our cars to get to work. Then, we see dollars going for social welfare and know that much of that money is going into the pockets of those who neither need nor deserve the funds. We read about bribery and corruption by government officials whose inflated salaries, expense accounts, and 'perks' we provide at the expense of ourselves and our children. We sacrifice such important things as time with our children, better schooling, and health care because of these unpunished elected and appointed criminals. That's our tax money. Has anyone asked us where we want that money to go? Certainly no one asked my husband or me; no one asked the woman next door, or the neighbors across the street; no one asked my folks or my in-laws. Maybe nobody asks what to do with our dollars because we are not often home. We are out at jobs, earning those itty-bitty bucks."

WHAT SHOULD THE GOVERNMENT DO TO CHECK INFLATION?

- Impose wage and price controls 34%
- Increase interest rates and limit the money supply 23%
- Increase taxes 2%

Reduce expenditures for:

- Foreign aid 80%
- Government employees 74%
- Social aid programs 67%
- Business and agriculture subsidies 57%
- Federal highways 24%
- Medicare/Medicaid 23%
- Military and defense proposals 12%

Most letter writers focused their ire on governmental largess and waste, welfare, and foreign aid. For instance, a male reader from Kansas wrote: "All of our problems stem from the fact that the government cannot live within its budget. When they balance theirs, then the rest of us can balance ours." And a couple from Michigan observed, "Thomas Jefferson listed the acts of tyranny committed by the King of England, and our government leaders should take heed of the tenth item—'He has erected a multitude of new offices and sent hither swarms of officers to harass our people and eat out our substance.' The King was a piker compared to the group we've got in Washington."

A young husband and wife from Virginia protest, "The welfare system is bulky, mismanaged, and misdirected. Welfare is intended to help the sick, the elderly, and the handicapped. It was not intended to give a monthly 'salary' to healthy men and women who are able to work when they do no productive work of any kind. It's an insult to those who do work to spend their money this way."

The food stamp sting

Literally scores of others say they resent standing in grocery store check-out lines behind able-bodied people buying steaks and chops with food stamps when they themselves can scarcely pay for hamburger.

Every letter writer who addressed the subject of welfare emphasized that those who really need assistance should get it. Their bitterness was reserved for welfare recipients perceived as being able to work, "even if it's only to clean up our parks or sweep the streets," and for "women who have become baby machines to get that money."

How secure is social security? Not very, say the young.

Older readers tend to favor a move to ensure continuing payments, and the younger ones simply vote "no confidence."

TO KEEP THE SOCIAL SECURITY PROGRAM SOLVENT AND TO KEEP INCREASES IN THE PAYROLL TAX DOWN, SHOULD SOME BENEFITS BE PAID FROM THE GENERAL TAX FUND, EVEN THOUGH THAT MIGHT RAISE INCOME TAXES?

	Under 35	35-54	55 & over
• No	61%	56%	36%
• Yes	14%	23%	44%
• Don't know	25%	21%	20%

Many older letter writers, presumably receiving or soon to receive social security payments, say that we should immediately cut out extravagant foreign aid and redirect those funds to help the elderly cope with inflation and medical bills. And a sizable number of middle-aged respondents indicate that they would prefer, thank you, to invest their own funds in their own retirement plans rather than count on government assistance in their retirement years. Most younger letter writers say that they don't think the fund will be solvent by the time they reach advanced years anyway and predict they'll never see a dime of the dollars annually lopped off their incomes. (From Kansas: "I pay over $100 a month to social security and probably will never collect a penny. If you want to help my family, let me have that $100 to pay some of my bills. Social security should be made a voluntary program. For those who want it, fine. I don't.")

A raw deal for married couples?

Others complain that the social security setup cheats married couples. For instance, from a Texas couple: "The social security tax needs revision so the family gets treated fairly. The working wife is contributing to a system that doesn't really credit her with what she puts in but only what her husband contributes (assuming he has the higher salary and more consistent employment history). To ask them to pay twice and then only collect once is like armed robbery."

Still other respondents maintain that "social security has gone beyond its original purpose and is trying to do too much for too many. People receive it who have not paid into it. Refugees receive it after being in our country a whole 30 days."

However, some readers seem to keep a lid on their resentment because they feel their payments are helping to support elderly relatives.

What about a cutback or ceiling on local taxes?

We posed two questions: A) Is it desirable to cut back local taxes or,

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Is Government Helping or Hurting American Families?

HERE'S WHAT OUR READERS SAY

B) put a ceiling on them, even if such actions would mean a reduction in essential community services? These two questions made readers bristle. This letter writer summed up the outrage of numerous others: "What do you mean, 'cut back on services'? I would approve of government rolling back and cutting out the fat in government offices." Many of the most indignant letter writers were Californians, who voted for and have lived with the results of Proposition 13, which rolled back property taxes. For example: "Government people tend to scare voters when the question of tax reduction comes along. They do it by emphasizing the services that are going to be affected —naturally, *services to the taxpayers.* You never hear them saying, 'We'll reduce some of the salaries of high officials' or 'We'll reduce our expense accounts and cocktail hours or the number of bureaucrats or some of the silly programs we have.'" Another Californian fretted, "Government tends to cut essential services and continues to fund frills, red tape, and waste."

While 63% of the respondents disapprove of rolling back property taxes if essential community services would be curtailed, 65% would approve of putting a ceiling on local property taxes even if that meant eventually curtailing some community services.

Is our income tax structure fair to married couples? "No" say a majority of respondents.

THE PRESENT TAX LAW REQUIRES THAT MANY TWO-INCOME MARRIED COUPLES PAY MORE FEDERAL INCOME TAX THAN IF THEY WERE SINGLE. CHANGING THE LAW TO ALLOW WORKING SPOUSES TO FILE RETURNS AS SINGLE PERSONS COULD REDUCE U.S. GOVERNMENT REVENUES AS MUCH AS $5 BILLION. HOW DO YOU FEEL ABOUT THIS?

- The law should be changed 79%
- I'm in favor of the present law 21%

A large majority (85%) of female respondents employed full time think the law should be changed. A New York letter writer's comments are typical: "It is awfully difficult today for middle-income couples who are trying to raise a family in the midst of spiraling inflation. Wives often have no choice but to get a job just to keep up with the essentials. How frustrating it is to make a multitude of arrangements and payment for baby-sitters, etc., and then realize that because the husband and wife now are both working, they are penalized by a so-called *marriage tax!*"

Other readers suggested another way the present tax law should be changed: "One-income families should pay *less* tax or be allowed a *tax credit* to encourage mothers to stay home to raise children. This would strengthen families in most cases and government wouldn't have to subsidize so many day-care centers."

Thumbs down on "child allowance"

We asked readers if they thought the U.S. should follow the example of many industrialized countries by having a "child allowance" to help families cope with the costs of rearing children. Eighty-two percent were against the proposal.

Child care: Should employers help? Should government be involved? Who should pay?

Plenty of respondents are worried about the increasing number of working mothers and the resultant need for alternative child care arrangements. Much of the blame for the situation is focused on government. A husband and wife from Indiana put it this way: "If the government hadn't given away so much of our hard-earned money, made so many government programs, had so many nonproductive people tied up in government agencies, a wife wouldn't *have* to work unless she wanted to. She could be home raising her family, which is the most economical and intelligent way to support family life."

But whether respondents approve or disapprove of working mothers and the resultant need for day care, the majority see government involvement in day care as a threat to parental prerogatives.

And, despite all the current hoopla about day-care centers, it seems that our middle-income readers mostly depend on other arrangements for child care when the mother is employed. Only 11% of women respondents employed full time with children under 12 years say that they use day-care centers regularly; 76% say that they never use day-care centers.

WHAT DO YOU THINK GOVERNMENT POLICY TOWARD DAY-CARE CENTERS SHOULD BE?

- Government should not be involved at all in day-care center programs 53%
- Give tax breaks to companies that provide on-premise day-care facilities for employees' children 33%
- Modify current regulations to encourage development of more private day-care centers 28%
- Create more government-subsidized day-care centers 8%
- Day-care policy should remain as it is 4%

TWENTY PERCENT OF ELIGIBLE CHILD CARE COSTS, UP TO $400 PER YEAR FOR ONE CHILD UNDER AGE 15 OR $800 FOR TWO OR MORE, MAY BE TAKEN BY WORKING PARENTS AS A CREDIT ON THEIR FEDERAL INCOME TAXES. DO YOU FEEL:

- These amounts do not reflect actual child care costs and should be increased 36%
- The government should grant no tax credits for child care 25%
- These amounts are reasonable now but should be adjusted every few years to allow for inflation 24%
- This policy is reasonable as it now stands 7%

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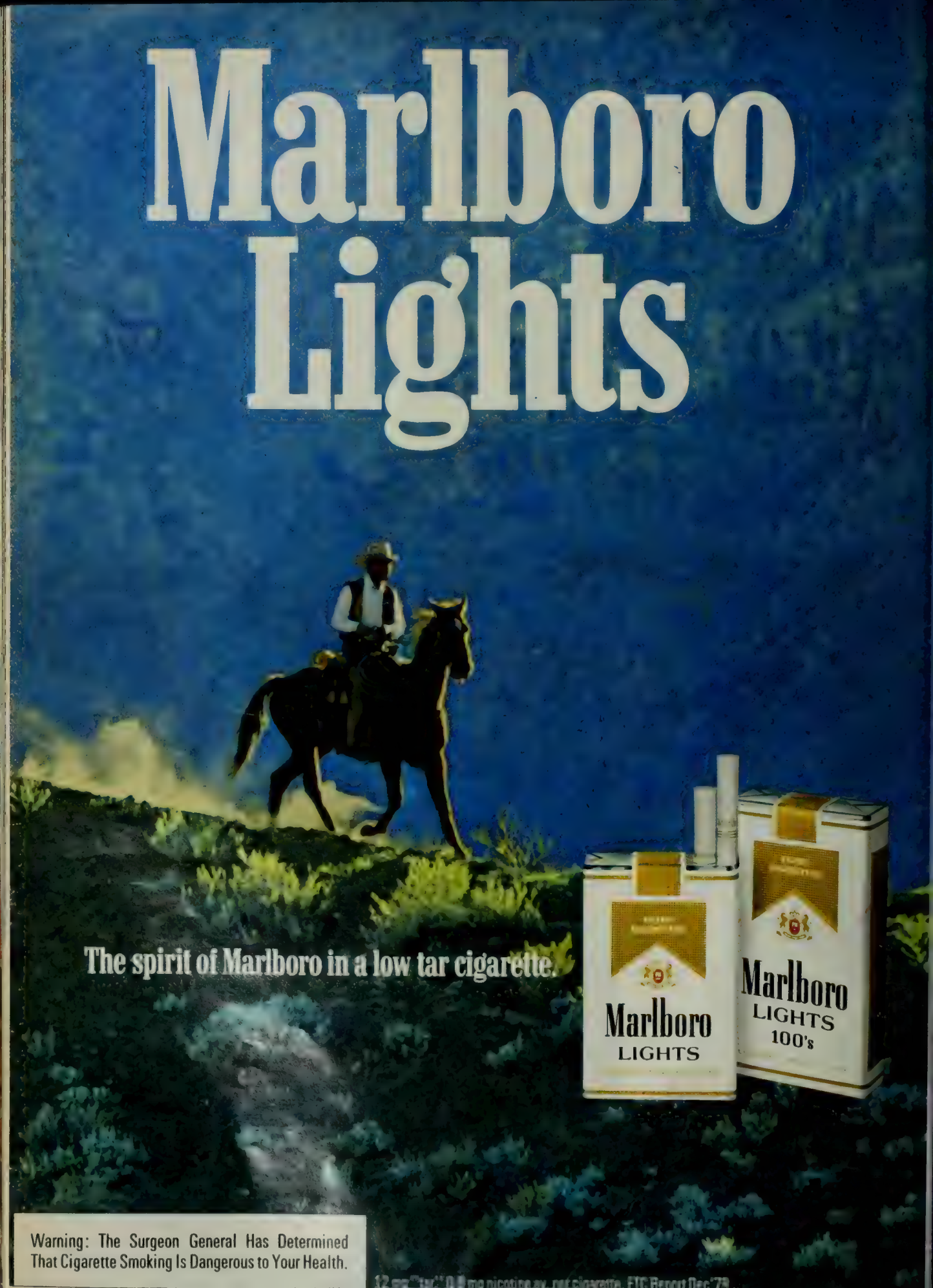
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Is Government Helping or Hurting American Families?

HERE'S WHAT OUR READERS SAY

Once more, respondents' opinions break down according to age. For instance, 50% of respondents under 35 years said the child-care tax credit should be increased, while only 25% of those 55 and over thought so.

Some respondents who advocate an increase in the tax credit think that it might encourage more working parents to arrange for after-school baby sitters. As one reader put it, "I worry about the increasing legions of unsupervised 'latchkey' youngsters who come home to an empty house after school."

WHICH OF THE FOLLOWING, IF ANY, WOULD YOU LIKE TO SEE EMPLOYERS ADOPT (OR EXPAND) TO PROMOTE FAMILY SOLIDARITY?

- Flextime (employees work full time but have some choice of starting and quitting times, within prescribed guidelines) 57%
- Job sharing (two people share one job to allow more time at home) 39%
- Minimizing transfers that involve moving 39%
- Four-day work week (ten-hour days) 37%
- Avoiding weekend and after-hours job requirements 37%
- Sick leave for parents when children are ill 33%
- Part-time employment with fringe benefits, seniority, etc., comparable to benefits of full-time employees 33%
- Paying part of the cost when spouse and/or children accompany employee on a business trip 8%

In households where the woman is employed full time, 44% favor the four-day work week, 63% favor flextime, and 37% favor sick leave for parents when children are ill. Of respondents 55 and over, only 27% advocate the four-day work week, with 45% favoring flextime; only 23% approve of sick leave for parents when children are ill. Many supporters of these employer policies say they shouldn't depend on tax incentives since such policies ultimately benefit business as well as families.

SHOULD THE GOVERNMENT ENCOURAGE THE ABOVE PROGRAMS THROUGH TAX AND OTHER INCENTIVES TO EMPLOYERS?

	Under 35 yrs.	35-54	55 & over
No	57%	70%	75%
Yes	30%	19%	13%

Should employers be encouraged to grant new fathers a two- or three-week paid leave when the child is born (a benefit paralleling new mothers' paid leaves)? Once again, responses varied according to age. While 43% of those under 35 years voted yes, only 12% of those over 55 agreed.

Foster care: Should government ease the way to adoption?

CONTRARY TO THE INTENTION OF FOSTER CARE POLICIES TO PROVIDE *TEMPORARY* CHILD CARE, MANY CHILDREN ARE GROWING UP IN FOSTER HOMES. MANY OF THESE CHILDREN COULD BE RELEASED FOR ADOPTION IF COURTS HAD THE AUTHORITY TO TERMINATE THE RIGHTS OF ABSENT OR UNFIT PARENTS AFTER A REASONABLE PERIOD OF TIME. DO YOU THINK COURTS SHOULD BE GIVEN THIS AUTHORITY?

- Yes 84%
- No 8%
- Don't know 8%

This young couple's comments on foster care are typical: "Foster care too often continues too long. The courts should have the authority to terminate rights of unfit parents and help these children out of the welfare-system limbo state and put them into good permanent homes. The psychological damage of too many foster homes can only add to the grief of these children who are already suffering the effects of abuse or abandonment by natural parents."

However, many respondents pointed out that there's no simple answer to the foster care question. For instance, a husband and wife wrote: "We agree that children should not live out their lives in foster homes, but the question of who is to decide whether a parent is 'fit' is a knotty one if one considers the state of the American court system." Another reader, from New Mexico, expressed her misgivings about terminating rights of "unfit" parents: "I agree it is a sad situation when abused or neglected children are not made available for adoption. However, I fear that if the courts are given the power to take these children away from their parents, the courts may eventually be given the power to decide on a larger scale who may and who may not raise children for whatever reason."

We asked, too, if government should subsidize the cost of care to encourage the adoption of older, handicapped, and other "hard-to-place" children who often are raised in a series of government-compensated foster homes. Yes, say 54%; 33% say no; and 12% say they don't know.

"We have a family with boundless amounts of love and support," says one reader who is typical of many who favor such help. "But, as much as we would like to, we could not afford to take in another child with today's financial conditions. If we cannot afford to adopt, how many families can?" Other readers agree with the principle but worry about how it might actually work out. "Even though I said yes, I could also say no," wrote one woman. "The problem here is that there are people who would adopt just to get their hands on government funds."

Other respondents are unequivocally opposed to subsidization: "These children should be taken to be raised in the same way that other children are—for love, not for money."

Schools: Should they be doing more or less or something different?

While most readers agree that youngsters should be given better preparation for adult family life, some

continued

continued

Is Government Helping or Hurting American Families?

HERE'S WHAT OUR READERS SAY

are alarmed that schools are either being assigned or are assuming responsibility for sex education, morals and values instruction, child care instruction, etc. They say such instruction *should* be the parents' responsibility. Other readers are resigned: If kids aren't getting such important training at home, they say, schools have to assume that responsibility. A third group think that schools fail to teach basic education—reading, writing, and arithmetic—and should focus more attention on these areas rather than trying to stretch their resources.

As to which "family" subjects should or should not be taught by schools, respondent's views again varied with age. For instance, 56% of respondents under 35 years approve of sex education in schools, while only 32% of those 55 and over approve. Conversely, 73% of older respondents approve of morality/values instruction, while only 49% of younger respondents do.

DO YOU THINK THAT MORE INSTRUCTION IN THE FOLLOWING AREAS BY THE SCHOOLS WOULD HELP YOUNGSTERS COPE WITH THE RESPONSIBILITIES OF FAMILY LIFE?

- Instruction in family financial matters 80%
- Marriage and family life 61%
- Some type of morality/values instruction 58%
- Sex education 45%
- Child development 41%
- None of the above 7%

A reader from Missouri bemoaned the student generation's lack of human concern: "I have retired this year after 25 years of teaching, frustrated and sickened by the increasing selfishness of my students and their unwillingness to sacrifice any of their own desires for the benefit of others. Morality and values need a lot of bolstering, and these kids simply aren't getting it at home." On the other hand, many respondents are uneasy about morals education. A young reader from New York voiced her concern: "The morality and values of the teacher and school system may not coincide with my morals and values. How can I allow my child to be taught about morals and values by a school that permits students to wear T-shirts emblazoned with obscenities so as not to infringe on their individual freedom?"

There did seem to be strong agreement, however, that schools should do a better job of preparing youngsters to go out into the business world. A reader from Oregon phrased it this way: "Our schools are turning out a crop of children who can't read, much less cope with the outside world. Let's get back to basic education; teach them to read, write, balance a checkbook, read a contract, apply for a job, earn a living."

Busing takes a trouncing

Theoretical opposition to busing as a tool to integrate schools is nothing new among the middle class. But our readers indicate they now are more opposed than ever. The energy crunch has heightened their opposition. For instance, this from a male reader in Kansas: "I have always been opposed to busing. It has done more damage to family unity than anything else since TV. It helps no one but the bus companies. Now, with the high cost of gas, I don't think we can any longer justify the cost. Before I abide by gas rationing or restrictions, school busing will have to go."

DO YOU THINK BUSING PROGRAMS INTENDED TO ACHIEVE A RACIAL BALANCE IN THE SCHOOLS AFFECT NEIGHBORHOOD TIES AND FAMILY LIFE?

- Yes, for the worse 78%
- Have had no real effect 10%
- Yes, for the worse but worth it for other reasons 8%
- Yes, for the better 4%

College for youngsters: A tight squeeze for middle-income families

Innumerable letters carried a single message: "College educations are rapidly becoming available only to the poor or minorities (through programs paid for by the middle class) and to the very wealthy. If you're in the middle-income range, no matter how bright and hardworking your child is, don't waste your time looking for financial assistance." One couple, who pegged their income at $25,000-$29,999, described their experience: "We were denied financial aid for our child's college education and told we could afford to use over one-third of our take-home pay for college costs. The system needs to be revised—our assets look terrific on paper, but most of those assets are in our house, not in the bank."

Another common grievance is expressed by this reader: "It makes me really mad that half of our income goes for taxes yet our daughter has to work to help out so that she can attend a mediocre community college. Meanwhile, friends of hers from low-income families go to quality colleges and are *totally* subsidized. If we could keep more of the money *we* work for, our child would not have to work and she could go to Harvard!"

Respondents who despair of getting any financial help with college costs say it would ease the pain if they could at least take a tax deduction for the outlay.

DO YOU THINK GOVERNMENT SHOULD HELP MIDDLE-INCOME COLLEGE STUDENTS AND THEIR FAMILIES BY:

- Making college expenses tax deductible 60%
- Awarding merit scholarships regardless of family income and assets 37%
- Easing restrictions on income and assets to make more students from such families eligible for tax-funded grants 28%
- Providing low-tuition college education to anyone who wants it through tax funding 10%
- None of the above 13%

Housing: Should anything be done to help young families?

In view of the escalating cost of houses, we asked if readers thought the government should ease home

continued

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Is Government Helping or Hurting American Families?

HERE'S WHAT OUR READERS SAY

buying for young families by subsidizing payments for first-home mortgages with tax money. "No," say 66%. Only 13% say "yes," and 9% "don't know."

While the "no" came about equally from all age groups, most of the letter writers who addressed the subject were in the older group. They did not take kindly to the thought of yet one more handout: "Subsidizing first-home mortgages is another carrot for vote getting and would come out of our pockets. When we wanted a house, we had to make plenty of sacrifices, do without other things we would have liked to have. Now so many young people think they must immediately have the same luxuries that we could not (and still can't) afford. So why should *we* now subsidize their home purchases?"

Many respondents pointed out that while the cost of housing is a lot higher than it was ten years ago, so are the salaries young people are earning.

SHOULD THE GOVERNMENT HELP FIRST-TIME HOME BUYERS BY EXEMPTING FROM INCOME TAX ANY EARNINGS DEPOSITED IN SAVINGS ALLOCATED FOR A DOWN PAYMENT ON A HOME?

- Yes 47%
- No 45%
- Don't know 8%

Here's a common response from the 35-54 age group: "We had no tax relief while we struggled and saved to get enough money to buy our house, and frankly, we do not feel that we need to pay more taxes to help others who are now in the same position. If a break is needed, interest should be made tax free on *all* savings accounts and savings bonds."

Numerous readers of all ages indicated that they are particularly irked at paying tax on interest earned on savings accounts. These readers argue that they have already paid tax on the income deposited in savings. And they point out that interest earned on savings is much less than the rate of inflation; having to pay an additional tax on the interest serves only to discourage savings. If more people were encouraged to save, they say, more funds would be available for mortgages. (One reader echoed this theory but then added that he didn't really care since "the interest I earn on my savings is too piddling to talk about.")

What do the young think?

A majority (54%) of respondents under 35 years approve of tax-exempting income deposited in a special account. In their letters, they griped that home buying is darn tough. Mirroring the plight of young couples is this newlywed's comment: "Like most young couples, my husband and I dream of owning our own home. But with the way the economy is going, I cannot see us getting a house within seven to ten years unless someone dies and wills us one. My husband and I would like to have children someday, but our rule is, no house, no kids."

Health care: Can we afford better?

DO YOU THINK THAT ALL AMERICAN FAMILIES SHOULD HAVE EQUAL ACCESS TO GOOD-QUALITY HEALTH CARE, REGARDLESS OF THEIR ABILITY TO PAY?

- No, such a goal is impossible for our system 36%
- Yes, but not if my taxes have to increase to pay for it 35%
- Yes 28%

Aside from the hard-core group who believe "you deserve only the health care you can pay for," letter writers often expressed views similar to these from a nurse in Oregon: "With the number of medical school hospitals and private hospitals with intern/resident training, there is adequate free or nearly free in- and outpatient medical care available to people who aren't able to pay. Yet many of these hospitals are crying for lack of patients. Too often, people in need of health care feel that there is a stigma related to using a free facility, or that they will receive second-rate care or be used as a guinea pig. Usually the quality of care is much higher there than in many private doctors' offices and regular hospitals. So, I feel all people *do* have equal access regardless of ability to pay. Public education is what's needed."

Is national health insurance the answer? Readers rate it low.

WOULD YOU LIKE TO SEE THE GOVERNMENT ACT TO CONTROL THE INCREASING COSTS OF HEALTH CARE FOR FAMILIES LIKE YOURS BY:

- Encouraging more health care alternatives like HMOs (prepaid health care plans) 46%
- Placing limits on hospital cost increases 44%
- Instituting a tax-supported national health insurance plan that covers *major illnesses only* 22%
- Instituting a tax-supported national health insurance plan covering *illness of all types* 12%
- None of the above 20%

The majority of respondents who disapprove of national health insurance cite a poor track record for existing government programs. They also are downright suspicious of and hostile to any new programs. Consider this comment from a young reader: "All Americans should have good-quality health care, but we see so much abuse in the systems we have now that I feel a national health insurance plan would make a bad situation worse." Many respondents point out that whenever the government steps into a program, gross inefficiency and graft inevitably follow. "It takes five government employees to do the same job that private industry does with one. Prepaid health care plans *can* work if they're not run by the government," one letter writer declares.

Time to restore "law and order"?

The police get a good rating from respondents, but courts get a failing mark. "Our judicial system makes fools out of victims and near-heroes

continued

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Is Government Helping or Hurting American Families?

HERE'S WHAT OUR READERS SAY

out of the perpetrators," one respondent stated. Another said, "Our police departments are understaffed and often overworked. Their efforts to solve our criminal problems are often heroic. However, they are seriously restricted in performing some of their duties by unreasonable laws. Common sense has gone out the window—courts are much too lenient. Fines and jail sentences are minimal, gun control seems hopeless, and increasing numbers of homeowners are reduced to installing security systems."

ARE YOU SATISFIED WITH THE WAY GOVERNMENT IS DEALING WITH CRIME IN THIS COUNTRY?

Courts are:

• Too lenient	78%
• Too inconsistent	54%
• Performing satisfactorily	2%
• Too harsh	1%

Police are:

• Too inconsistent	45%
• Performing satisfactorily	35%
• Too lenient	28%
• Too harsh	3%

A respondent who felt the courts are too lenient explained his position this way: "Many criminals are back on the street the next day. A sentence of one to five years for child abuse was recently given to a stepfather in our area for the death of his one-year-old stepson. The court granted parole after three months!"

The legal profession, too, generated anger: "Lawyers are more interested in making money and names for themselves and deciding which office to run for than they are in prosecuting lawbreakers," one respondent charged.

Fat cats fare well

Slightly more than half of the respondents say courts are too inconsistent. A typical comment: "If you can afford a good lawyer you can get out of whatever you got yourself into. Every day, politicians and corporate executives commit crimes for which they get no punishment at all or a light sentence at a country-club prison. Our courts are harsher with the person who fails to pay a parking ticket fine than they are with those who embezzle thousands of dollars."

Nuclear power: Worth the risk?

Women readers are notably more worried about the risks of nuclear power than male readers are. Fifty percent of male respondents say nuclear power is worth the risk, while only 30% of females say so. Also, younger respondents are much more likely than their elders to consider nuclear power prohibitively dangerous. Of respondents under 35 years, 49% say nuclear power is not worth the risk; only 29% of those 55 and over hold this view. But few—male or female, young or old—think there is no risk.

BECAUSE OF THE ENERGY SHORTAGE, EVEN MORE NUCLEAR POWER PLANTS MAY BE BUILT. DO YOU THINK THE INCREASED AVAILABILITY OF ENERGY GENERATED BY NUCLEAR POWER IS WORTH THE POSSIBLE DANGERS TO YOUR FAMILY FROM A NUCLEAR PLANT MALFUNCTION?

• Not worth the risk	38%
• Worth the risk	37%
• Don't think there is a risk	13%
• Don't know	10%

One young woman who supported her "worth the risk" answer in a letter said: "Nuclear power is here; cheap, available, inexhaustible. The risk is more than overshadowed by the fact that many expenses and hassles could be eliminated by not having to depend on foreign power sources." Another reader questioned whether nuclear power is "cheap" and "inexhaustible": "With heavy government subsidies going toward development of nuclear power, we don't really know just how much it costs. And who knows how much uranium we can mine without coming to the bottom of that barrel?"

A young woman from West Virginia pointed out: "The first time we Americans had an inkling of how many nuclear plants exist was after the Three Mile Island accident. Before then we just didn't have a clue. Virtually every backyard in America faces the threat of a nuclear accident. The government is morally responsible for informing the public of the dangers it has faced us with by allowing the spread of a nuclear society. This question must be brought to a vote. My vote is to kill it before it kills us."

So, is the mood all doom and gloom?

You might think so, having read the preceding litany of complaints and criticisms. And, you also might discount the outcry, saying that middle-class families in America just don't appreciate how good they have it—that they've allowed their expectations to escalate unreasonably. Or, perhaps they're simply yearning for the "good old days," when cheap petroleum greased our economy and things may or may not have really been so good.

As for us, we don't doubt that the alarm and outrage expressed by our readers are genuine. We can see that an evolving society and diminished purchasing power are putting tremendous stresses on middle-class Americans. But in reading the responses, we also found abundant good news, too. Clearly, middle-class Americans haven't lost the faith or given up.

Here are some samples. From Utah, "Strong, solid families are the bulwark of this nation and the hope for its future." From Alabama, "Our standards need to be reviewed and as individuals we need to be able to distinguish between the things we have to have and the things we want. 'More' isn't always 'best.'" From Iowa, "With the end of abundant cheap energy, our lives are going to have to change. What's important is to make the changes positive ones." From Washington, "There is no greater place to raise a family than the U.S. Perhaps too few of us are working to keep it that way." And, from California, "As a country, we have far more to be thankful for than things to regret."

Produced in cooperation with Ray Deaton, Carolyn Hamilton, Dan Kaercher, Sally Pederson, Linda Ford, Nancy Hall, and Bill Yates.

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DOING YOUR OWN REMODELING

Two Families Show How



BY CAROLANN SHINDELAR

Readers often write to tell us that we make remodeling projects in the magazine look too easy. "Come on, it can't be that simple," they say. "What's it really like to remodel a home?" We admit that sometimes our photos of beautifully finished rooms don't tell the whole story. Untold are the agonizing delays, the inconveniences, the dirt and grime—and the wondrous feeling of accomplishment that comes when the project is finished. That's why we've asked these successful home remodelers—the Peter Pfisters of Minneapolis and the Max Weisfelds of Baltimore—to share their experiences with you. Kick off your shoes, get comfortable, and let the Pfisters and the Weisfelds tell it like it really is.

Illustration: Hellman Design Associates

REMODELING *The Pfisters of Minneapolis*

"Depressing" is the word Darlene Pfister uses to describe the condition of her family's home before it was remodeled. "Everything needed work," she said, "so when we bought the house we didn't feel bad about tearing it all apart." Tear it apart they did, and the lovely home that resulted made all the work worthwhile.

The first item on the Pfisters' remodeling agenda was to restore their home's beautiful oak floors. "We got possession of the house at three on a Friday afternoon," Darlene remembers, "and by two on Saturday morning we'd torn up all the old carpet." Saturday afternoon the floors were stripped and refinished, and the Pfisters got ready to move in.

Moving wasn't much fun, Peter and Darlene recall. They had recruited ten people to help them move, but (wouldn't you know it?) the first five-inch rainstorm of the season hit on moving day. "We just put everything in the garage," said Darlene, and the



Pfisters and their helpers spent the afternoon partying in the furniture-less living room.

The living room *(below)* has undergone lots of changes since then. Darlene stripped the old-fashioned dark woodwork and repainted it white, while Peter took out an old window and window seat on the far wall and replaced them with a set of sliding glass doors. The doors lead to a new deck on the south side of the house. All of the windows in the room are covered with insulating shades that were customized with colorful fabric. Heat loss through the glass is cut dramatically when the shades are drawn on cold winter evenings.

The window insulation in the dining room *(below)* is similar, but here the Pfisters used a pop-in shutter rather than a pull-down shade. The fabric-covered shutter is simply removed during the day. To further cut down on heat loss, the Pfisters also added polystyrene insulation to the walls. They used the reverse switch on their vacuum cleaner to blow the polystyrene into the wall cavities.

As with most old houses, the Pfisters' kitchen *(right)* needed more



work than any other room in the house. Peter and Darlene started redoing it last summer, and for four long months lived without running water on the first floor. They cooked all their meals in a toaster oven or out on the barbecue grill. Peter became adept at outdoor cooking—he even learned to boil eggs on the grill for breakfast.

The kitchen stayed the size it had always been, but now it seems much larger because of a breakfast room/solarium addition. The large ceiling beam in the photo shows where the old kitchen (and back wall of the house) ended. The eye-catching ceiling treatment is simply a series of metal strips suspended below the existing ceiling.

In addition to providing the Pfisters with a cozy spot for breakfast, the new solarium acts as a passive solar collector and soaks up enough sun to provide half of the heat for the house. The steel grate ceiling in the breakfast room, which complements the kitchen ceiling, encourages the collected warmth to circulate through both stories of the house.





REMODELING *The Pfisters of Minneapolis*



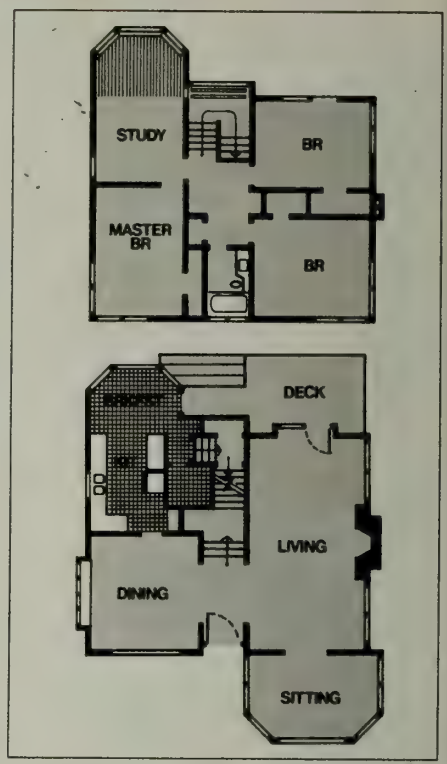
The second story of the addition *(below)* is home to a prospering collection of houseplants. The plants are watered carefully, since drips fall through the steel grate ceiling to the breakfast room below. Airflow through the first and second stories is almost unimpeded by the metal ceiling, and cutouts in some of the upstairs walls (like the one the basket of ivy is resting on in the photo) maximize air circulation throughout the second floor.

Through the larger cutout in that same wall, you also can see horizontal rows of energy rods draped in front of the hall window. The energy rods contain a special heat-absorbing medium that stores warmth and releases it when the sun goes down.

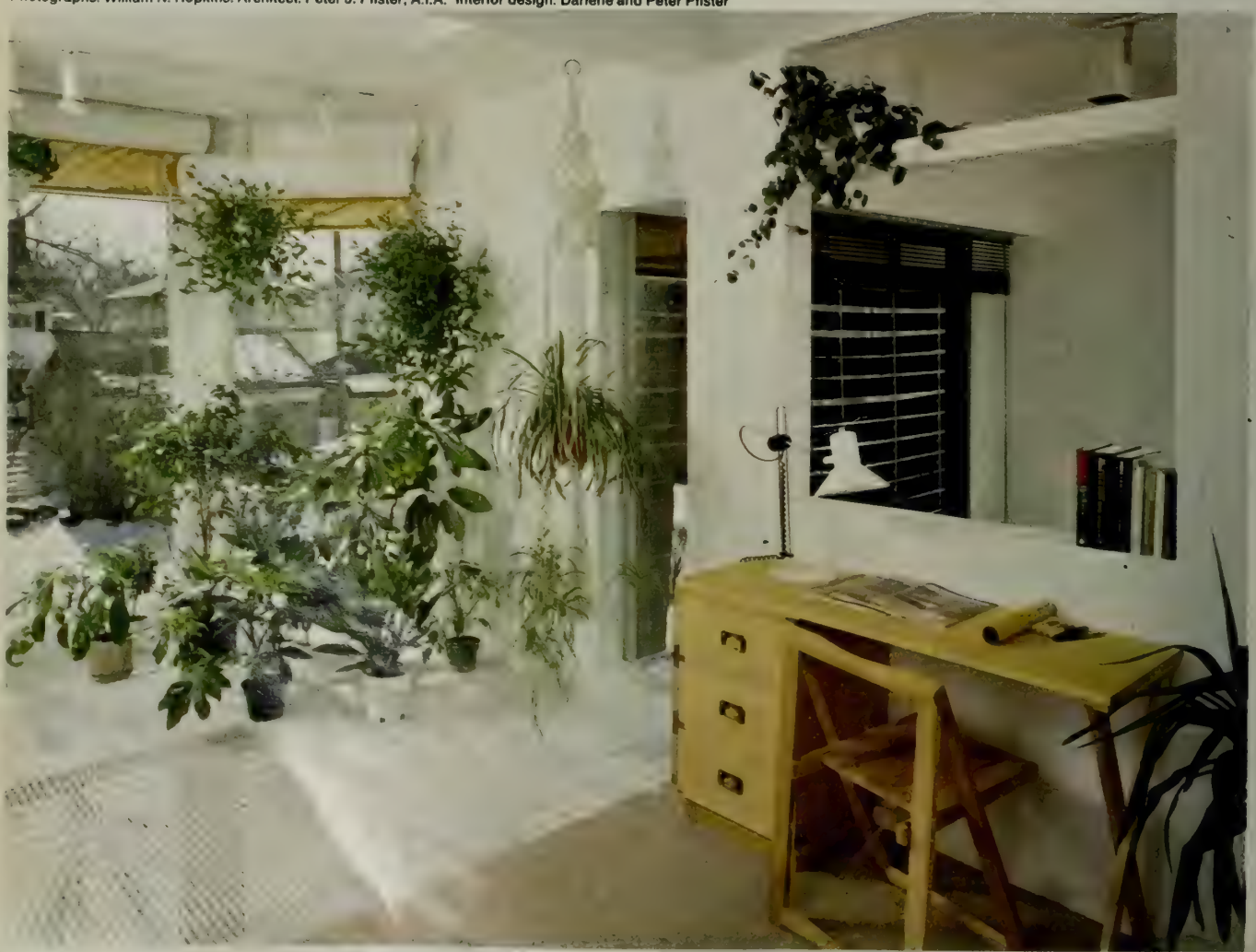
In the exterior photo of the house *(left)* you can see the rods stacked in front of the window above the deck. The "roof" over the deck and below the window is a series of solar reflectors Peter built from plywood and covered with reflective film. He can adjust the reflectors according to the angle of the sun to get the most heat possible. The brick floor in the breakfast room and kitchen (and a concrete slab beneath) also store the sun's warmth *(right)*.

To hold in all the heat that is collected in the thermal mass during the day, an insulating curtain seals off the glass at night. In winter the foil-faced curtain lowers automatically at dusk; the curtain runs from the top of the study windows to the bottom of the windows in the breakfast room.

Buying Guide, page 44



Photographs: William N. Hopkins. Architect: Peter J. Pfister, A.I.A. Interior design: Darlene and Peter Pfister



Family Album

When all of the materials for the solarium addition were unloaded, the Pfisters just stacked them up in the backyard and hoped it wouldn't rain.





Peter hired a construction company to put up the frame for the solarium and install the windows. He did all the sheathing and interior work himself and built the deck.

Believe it or not, this is what the kitchen looked like when Peter and Darlene moved in. The old flooring was replaced with brick, and the sixties-style cabinets gave way to spanking new white ones.



REMODELING *The Weisfelds of Baltimore*

When Max and Sandie Weisfeld bought this house three years ago, they decided it would be the only home they'd ever own. "We wanted to stay put once we found the right spot," said Sandie. So the Weisfelds took up the task of transforming the little house into their dream home.

The family's first major project was enlarging the entry porch. They wrapped the addition around the side of the house and then converted the old section of the porch into a solarium. The space was easy to fix up inside: the Weisfelds just covered the walls with bright green paint and topped them with lattice, and painted the floor and ceiling white. The new solarium is a favorite play spot for Michael and Seth *(below),* and a retreat for plant-loving Sandie.

Max and Sandie experienced their first remodeling catastrophe out on the porch. Max had installed the porch radiator himself, using pieces of old radiators taken from the other



rooms in the house. But when he put the sections together, he didn't leave enough space for the metal to expand. And so the first day the heat was turned on, the porch radiator burst and spewed 50-year-old dirty, smelly water all over the room. Needless to say, when Max reinstalled the radiator, he left plenty of expansion space.

The doorway shown in the solarium photo leads to the foyer *(right).* Most of the changes made in the foyer were cosmetic, as were the changes in the living room *(right).* Max built in the window seat below the bay window and installed the shutters.

With a little experience under their belts, the Weisfelds now channeled their efforts into the heavier building jobs: designing and building the family room addition and remodeling the kitchen. Max spent three months agonizing over the design of the addition, poring over building manuals, and consulting with Sandie's father, who had some construction experience. Max and Sandie were adamant that the addition be totally integrated into the existing house. "We didn't want a



glass box just hanging off the back of our two-story bungalow," said Max.

Max's greatest frustration in drawing up the plans was that he couldn't find a way to incorporate one of the items on his "must list"—a laundry chute. So he took his drawings to an architect friend and asked for advice. Together they revamped the plans for the addition (making more changes than Max likes to admit), and also drew up a set of plans for the kitchen remodeling.

"In my naïve way," says Max, "I closed my office for two weeks in August, thinking I could build the entire addition during that time." When it became obvious that he couldn't, he turned to the current issue of *Better Homes and Gardens* (August, 1978), where he found an article on building a garage with a little help from your friends. He passed the article around to his friends and neighbors, they took the hint, and for the next year and a half, volunteer remodelers helped Max and Sandie build their addition.





Family Album

The exterior of the Weisfeld house was undergoing a transformation when this photo was snapped. The addition is on the right side of the house.





Max, his father, and Michael are posing for a three-generation photo while scraping wallpaper. This was the typical weekend scene at the Weisfelds' for many months.

Here's a good example of the frustrations of home remodeling. Max and Sandie thought they'd finished repairing the living room ceiling when this crack reappeared. Max's dad is lending a hand with the repairs.



REMODELING *The Weisfelds of Baltimore*



The Weisfeld kitchen was finished just days before we arrived to photograph. And no one is happier about that than Sandie. "My kitchen has been shuffled around several times," she said, "and it's usually been in the middle of a demolition."

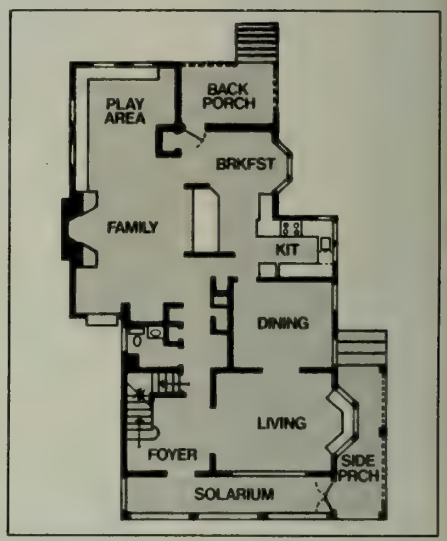
While the new kitchen cabinets were being installed, Sandie washed dishes in the bathroom sink and cooked all the family meals in the microwave oven. "It's terribly difficult to live that way when you have children," she says.

Max and Sandie—and their friends—never intended to remodel the kitchen themselves. But when contractors bid $10,000, the Weisfelds decided they could do the job—for much less money. Their kitchen was too tiny for a family of four and barely had enough counter space to prepare a full meal. To expand the kitchen without moving walls, the Weisfelds just stole space from the back porch and new addition. The porch was turned into a breakfast area *(below)* and a new porch was added behind it. You can see the new porch in the photo *(left)*.

An island divider was built in the family room addition to visually enlarge the kitchen and give Sandie extra counter space *(right)*. The island separates the family room from the kitchen, without closing the two areas off as a solid wall would *(see plan)*.

The remodeling has been a long haul for the Weisfelds, but Sandie doesn't regret tackling the job. "I'd never want to live through a massive demolition like that again, though," she shuddered. "We'll soon have our perfect house, and then I'll know it was worth all the work," she says. "Max and I never had any doubt that we could finish the remodeling—although a lot of our friends certainly did!"

Buying Guide, page 44



Photographs: Semarco, Inc. Architectural assistance: Paul Jacob





Family Album

The back of the house looked like this when work began on the addition. The chalked-out square marks the boundaries of the family room.

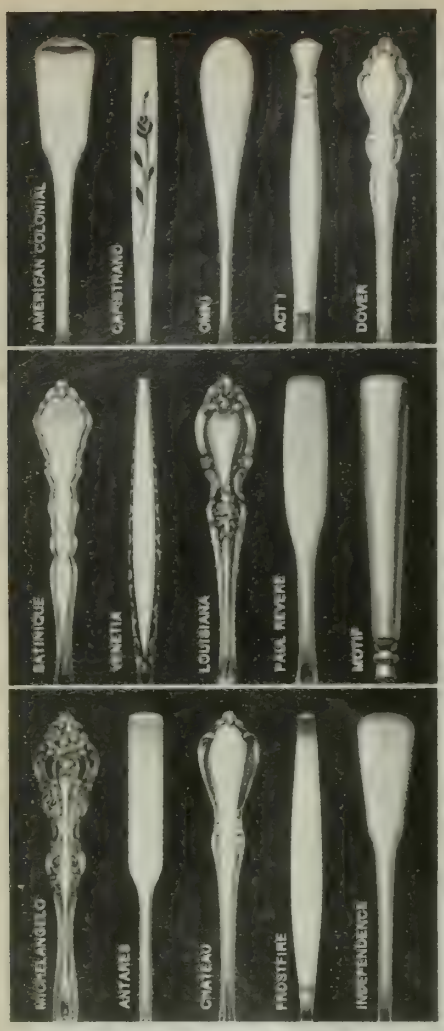




This is how the kitchen looked longer than Sandie cares to remember. The refrigerator is the only appliance the Weisfelds saved: they just repainted it and put on a new handle.

Life goes on, even during a remodeling, and family and friends happily gathered around to celebrate Michael's third birthday in the half-finished solarium. You can see the finished version of the solarium on the previous spread.





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SHOPPING Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

DOING YOUR OWN REMODELING

Page 36: Shades—Insulating Shade Co., 40 Ivy St., Branford, CT 06405. Carpet "Highlands"—Patrick Carpet Mills, Dominguez Industrial Park, P.O. Box 1240, Long Beach, CA 90801. Sofa—Selig Manufacturing Co., Leominster, MA 01453. Chairs—Gold Medal, Racine, WI 53401.
Page 37: Ceiling—Donn Corp., 1000 Crocker Rd., Westlake, OH 44145. Strip lighting—Wiremold Co., Hartford, CT 06110. Cabinets—Star Cabinets, Div. of Swedish Match Ind., 860 Decatur Ave. N., Minneapolis, MN 55427. Floor tile "Normandie Rustic Blend"—Metropolitan Ceramics, P.O. Box 9240, Canton, OH 44707.
Page 38: Energy rods—Texxor Corp., P.O. Box 14337, Omaha, NE 68124. Carpet "Highlands"—Patrick Carpet Mills (address above). Track lighting—Lightolier, 346 Claremont Ave., Jersey City, NJ 07305. Desk and chair—The Unpainted Place, 1601 Hennepin Ave., Minneapolis, MN 55403.
Page 39: Shades—Thermal Technology Corp., P.O. Box 130, Snowmass, CO 81654. Light fixture—Lightolier (address above).
Page 40: Rug—Conran's, 145 Huguenot St., New Rochelle, NY 10801.
Page 41: Sofa fabric—Bloomcraft, Inc., 295 Fifth Ave., New York, NY 10016.
Page 42: Table and benches—The Door Store, 3140 M St. NW, Washington, DC 20007. Cabinets—Poggenpohl, USA, 222 Cedar Lane, Teaneck, NJ 07666.

50 QUICK AND EASY BAZAAR BEST SELLERS

Page 95: Ribbon—C.M. Offray & Sons, Inc., 261 Madison Ave., New York, NY 10016. Trims—Wm. Wright Co., One Penn Plaza, New York, NY 10001. Polyester fiberfill "Poly-fil"—Fairfield Processing, P.O. Box 1157, Danbury, CT 06110.
Pages 96-97: Ribbon—C.M. Offray & Sons, Inc. (address above). Trims—Wm. Wright Co. (address above). Polyester fiberfill "Poly-fil"—Fairfield Processing (address above). Embroidery floss—DMC, 107 Trumbull St., Elizabeth, NJ 07206. Heart doll hair "Skol"—Wm. Unger and Co., 230 Fifth Ave., New York, NY 10001. Oven-dry clay "Sculpey"—Polyform Products, Inc., 9420 Byron St., Schiller Park, IL 60176. Heart cake tin—Wilton Enterprises, 833 W. 115th St., Chicago, IL 60643. Craft glue "Sobo"—Slomon's Laboratories, Long Island City, NY 11101.
Pages 98-99: Pearl cotton—DMC (address above). Bunting fabric—Laura Ashley Fabrics, 741 Madison Ave., New York, NY 10021. Yarn for child's hat "Roly Poly"—Wm. Unger Yarn Co. (address above).
Pages 100-101: Flower appliqués—Streamline Button, Inc., 234 W. 39th St., New York, NY 10018. Ribbon—C.M. Offray & Sons, Inc. (address above). Perforated paper—Astor Place, Ltd., 260 Main Ave., Stirling, NJ 07980. Yarn for hat—Wm. Unger Yarn Co. (address above). Fabric paints—Vogart Crafts Corp., 230 Fifth Avenue, New York, NY 10001.

STEPPED-UP DECORATING

Page 104 (bottom): Carpet—Stratton Industries, Inc., P.O. Box 1007, Cartersville, GA 30120. Wall-hung drawer storage, tall bookcase—Ello Furniture, 1034 Elm St., Rockford, IL 61101. Desk chair—Vecta Contract, 740 W. Mockingbird Lane, Dallas, TX 75247.
Pages 104-105: Carpet—Stratton Industries, Inc. (address above). Modular seating—Thayer Coggin, Inc., P.O. Box 5867, 427 South Rd., High Point, NC 27262.
Page 106 (bottom): Bunk bed, stacking storage units—Armstrong Furniture, Div. of Thomasville Furniture Ind., Inc., P.O. Box 339, Thomasville, NC 27360. Fabric on beds and wallpaper—Marimekko, 555 Madison Ave., New York, NY 10022. Clip-on lamp—George Kovacs Lighting, Inc., 831 Madison Ave., New York, NY 10021.
Pages 106-107: Modular seating—Sherwood Corp., P.O. Box 519, Spring City, TN 37381.
Pages 108-109: Sectional sofa "Systema 61"—Castelli Furniture, 950 Third Ave., New York, NY 10022. Dining table and chairs—Vecta Contract (address above). Mini-slat blind—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, NJ 07030. Carpet—Alexander Smith Carpet, 57 Lyon St., Amsterdam, NY 12010.

NUTRITIOUS MEALS FOR ON-THE-GO FAMILIES

Page 110: Plate—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, CA 90039. White bowl—Hutschenreuther Corp., 100 Shaw Rd., Branford, CT 06471.
Page 111: Dish—Crate and Barrel, 1510 N. Wells St., Chicago, IL 60610. Glass bowl—Corning Glass Works, Corning, NY 14830.
Page 112 (top): Baking dish—Marsh Ind., 1224 E. 28th St., Los Angeles, CA 90011. Bowl—Marsh Ind. (address above).
Page 113: Tray—Crate and Barrel, 1510 N. Wells St., Chicago, IL 60610. Napkin "Marimekko"—Crate and Barrel (address above).
Page 115 (left): Plate "Le Buffet Copper Mountain"—Mikasa, 25 Enterprise Ave., Secaucus, NJ 07094.
Page 117: Board—Crate and Barrel, 1510 N. Wells St., Chicago, IL 60610. Pitcher—King Houseware Inc., 452 Broadway, New York, NY 10013. Scoop—Rosenthal.

PRIZE TESTED RECIPES

Page 131 (left): Platter—Crate & Barrel, 1510 N. Wells St., Chicago, IL 60610. Fork "Cia"—Trend Pacific Inc., 2817 S. Hill St., Los Angeles, CA 90007. (Right): Tray "Rosti-Cubics"—Copco Inc., 11 E. 26th St., New York, NY 10010.
Page 132 (left): Servers—Williams-Sonoma, 532 Sutter St., San Francisco, CA 94102. Pie plate—Corning Glass Works, Corning, NY 14830. Plates "Horizon"—Otagiri Mercantile Co., 225 5th Ave., NYC 10010. Egg basket—Balos Int'l, 2720 N. Paulina St., Chicago, IL 60614. (Center right): Spoon "Ribbon edge"—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, RI 02907.

50 QUICK AND EASY BAZAAR BEST SELLERS DESIGN CREDITS

1. Phyllis Dunstan. **2.** Judy Williamson. **3.** Dave Ashe for the Design Concern. **4, 5.** Suellyn Snyder (fabric boxes), Mary Sue Kuhn (tatted note cards). **6.** Williamson. **7.** Laura Holtorf. **8.** Ciba Vaughan for Hearts and Minds Designs. **9.** Su Graves. **10.** Jill Mead. **11.** June Alexis. **12.** Mead. **13.** Mead. **14, 15.** Williamson (scarves), Sara Jane Treinen (purse). **16, 17.** Dunstan (purse), Holtorf (hankies). **18.** Mead. **19.** Robert Furstenau. **20.** Mead. **21.** Mead. **23.** Williamson. **24.** The Design Concern. **25.** Mead. **26.** Gary Boling. **27.** Jo-Ann Michaelsen. **28, 29.** Arthur Lind (horses), Mead (pillows). **30, 31.** Susan Richens (bunnies), Marion Boyer (dolls). **32.** Treinen. **33.** Williamson. **34.** Mead. **35.** Sher Madrid. **36.** Ginger Bassett. **37, 38.** Williamson (pillows). **39.** The Design Concern. **40, 41.** Mead (trivets), Williamson (caddies). **42.** Pauline Asmus. **43.** Boling. **44.** The Design Concern. **45.** The Design Concern. **46.** Holtorf and Mead. **47.** Becky Jerdee. **48.** Bassett. **49, 50.** Hearts and Minds Designs (pincushions), Williamson (place mats).

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CRAFTS

Organizing a successful BAZAAR

Across the years, the bazaar has proved to be a great money-raising technique because it channels the enthusiasm and talents of kindred spirits into a worthwhile cause. And now, with more and more people seeking handmade gifts and accessories at reasonable prices, bazaars are booming as never before.

To run a successful bazaar, begin planning seven to eight months ahead of time; this helps you avoid last-minute hassles. Write down a schedule of events in chronological order and stick to your deadlines.

Things to consider

Two of the most important steps in staging a bazaar are deciding on a date and choosing a location. Don't schedule your bazaar when people are likely to be out of town or when other activities are already planned. It's wise to schedule your bazaar around Christmas or another important holiday, when people are likely to be looking for gift items.

When choosing a location, remember you'll need plenty of wide-open space for setting up aisles and displays. Choose a place that is easily accessible to many people. Make sure there is adequate parking space and don't forget to inquire about a rental fee.

Choosing a theme

Select a theme for your bazaar in the early planning stage. For ideas, observe current styles and trends at local department stores and specialty shops. Also, consider special interests in your community like current cultural events, favorite television shows or movies, popular sports or recreations, and famous personalities. Another good source of theme ideas is retail catalogs.

After developing a theme, build your advertising and promotion around it so people will know what to expect. Be sure that all promotion material includes the necessary information, like date, place, and time.

If your budget allows, consider buying ad space in local newspapers. Or, advertise in neighborhood newspapers, church bulletins, or school newspapers, (They usually give free space to community events.)

Areas of responsibility

Once a theme has been selected, set up a work force by electing a chairperson for each area of responsibility. The most important areas are publicity, art, finance, decorations, merchandise, storage, and cleanup.

The publicity chairperson should inform local radio and television stations about your bazaar so they can make public service or community announcements. Producing posters and flyers is the main responsibility of the art chairperson. All money matters are handled by the finance committee. The decorations committee should see to the building, grounds, and parking lot. Safe storage of all merchandise is the job of the storage chairperson. When the bazaar is over, it is up to the cleanup crew to round up the unsold merchandise and disassemble the booths.

Helping hands

It's a good idea to name a chairperson for each booth. The chairperson is responsible for rounding up volunteers, so make sure he or she is enthusiastic about the assignment.

When lining up volunteers, draw on the talents of everyone you know—seamstresses, carpenters, business people. The more helping hands, the smoother your bazaar will go.

Meet with the bazaar chairpersons in the early planning stages to explain how merchandise is to be sold and displayed.

Ask each chairperson to plan a work schedule for their volunteers, dividing the day into equal-length shifts.

Kit organization

Once the chairpersons have been selected, make good use of all skilled hands by organizing an assembly line of pattern cutters and kit organizers. This assures uniform quality.

Booth chairpersons should compile clear, detailed instruction sheets and prepackage supplies so their workers can finish the projects at home.

Provide telephone numbers of experienced kit makers to all workers in case they have problems or questions.

Make sure all workers are aware of their deadlines. Projects should be completed at least three weeks before the day of the bazaar. This allows time to sort through all of the merchandise and make inventories and price lists.

When sorting through the projects, examine each item carefully, making sure the quality is up to standard. If not, reduce the price of the item.

Allow two or three hours on the day of the bazaar for setting up displays. Arrange the merchandise attractively and store extra goods out of sight.

Taxes and insurance

Check with your local tax department about tax laws. In some states, you must collect sales tax on each item you sell.

Consider taking out one-day insurance to guard against theft or other possible losses. Also, contact security guards or off-duty policemen for added protection against theft.

A final note

Keep accurate records of your fund-raising activities, including all income and expenses.

Also keep lists of information that might prove helpful to future bazaar committees.

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Dan Kaercher

Is there a better public school for your child?



Chances are excellent that the answer to that question is yes—if your public school offers an alternative that matches your youngster's special educational needs.

A few years ago, where you lived usually determined which public school your youngster would attend. Today, largely because of school desegregation programs, students in many communities can choose to attend something called a "magnet school" outside their own neighborhood. Here's a background report.

Magnet schools are proving to be the right choice for thousands of youngsters who need and/or want a custom-tailored education. Here are three typical cases:

- As a seventh grader, Tommy had serious problems in his neighborhood school in Houston. His attendance was erratic, and his grades were extremely poor. Yet a lack of intelligence was not to blame; Tommy just didn't respond to the traditional, structured approach used at his school. Then his parents heard about the Contemporary Learning Center magnet. They enrolled Tommy at the school, and now—two years later—his grades have improved dramatically. The key: a relaxed, learn-at-your-own-pace approach practiced by a specially trained staff of teachers and counselors.
- In Boston, Sally, a third grader, was about to be enrolled in a private school by parents who were deeply opposed to forced busing. Then her parents learned about the Haley School magnet on the other side of town; they were attracted by the open style of education and the academic focus on science. Now Sally is voluntarily bused to and from Haley each day and is doing better than ever in the school's highly individualized educational program. She has had unique opportunities to explore the natural sciences at Haley: Special field trips to museums and the nearby Franklin Park Zoo have whetted her interest in zoology.
- Billy is a San Diego fifth grader with a blossoming talent in music. But a few years ago he was a lackluster student in his neighborhood school and had no particular academic interests. His parents decided to try "turning him on" to the arts by enrolling him in the School of Creative and Performing Arts. Now Billy plays the violin daily in orchestra class and is "scatting" with a jazz group in vocal music class; he's even trying his hand at composing. Field trips have taken him to the opera and symphony. Billy is lucky to have found his niche; the school's waiting list is now 1,200 names long.

What is a "magnet school"?

Simply stated, a magnet school is one that attracts students by offering something they can't get in their neighborhood schools. That "something" can be any of dozens of educational specialties described in this article.

In various communities, magnets are known as alternative schools, optional schools, schools of choice, and specialty schools—although "magnet" has become the most widely recognized and inclusive term in recent years.

A magnet school can occupy an entire building and involve all the school's students in its specialty. Or it can be housed in a wing or cluster of classrooms in a neighborhood school where most students pursue a conventional course of study. Students can attend magnets full time or only a few hours each day.

Where are most such schools found?

Most magnet schools are in urban school districts and are part of a school desegregation plan. Many observers consider magnet schools the most positive offshoot of desegregation programs. The tremendous growth in the number of magnet schools—from about 20 in 1968 to over 10,000 today—attests to their success and acceptance.

Typically, a magnet school draws a higher percentage of majority students into a school that is considered to have too high a proportion of minority students, or vice versa. In some districts, magnets will not accept a student whose transfer would leave the home school less integrated than it was before.

Magnets alone cannot desegregate an entire school system—but a magnet program can be a major component of the total desegregation plan. In many school districts that use mandatory busing to achieve racial integration, magnets have helped dissuade parents from transferring their children to suburban and private schools. Indeed, many magnets owe much of their success to active parent participation, beginning in the early planning stages.

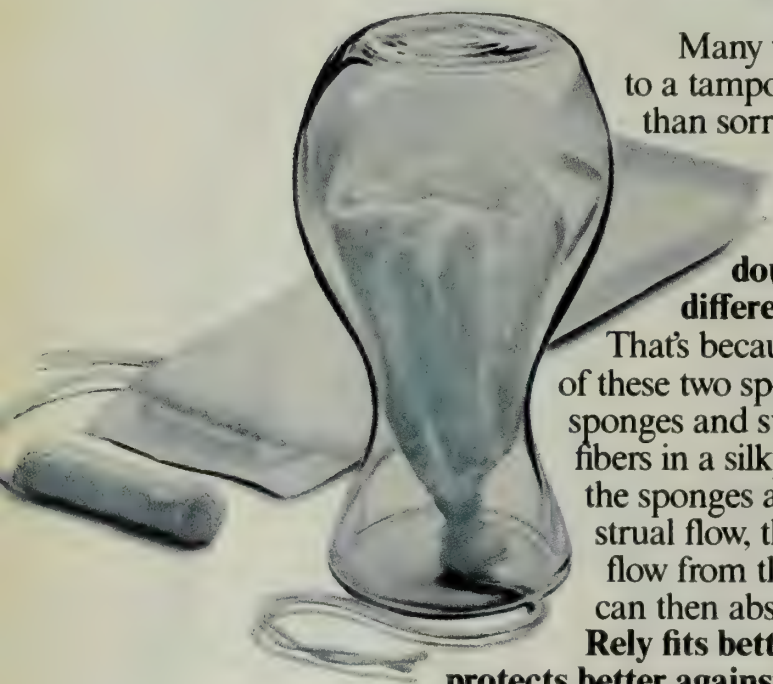
Most youngsters who attend magnet schools still are bused, to be sure, but they are bused voluntarily to a school of their choice. As a result, schools become more integrated, and many youngsters are offered new options.

continued


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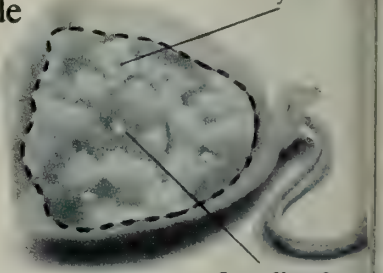
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Rely comes in Super for extra heavy flow and Regular for medium to heavy flow. (Some women use both sizes: Super at the start of their period, Regular when they're tapering off.)

You'll love Rely. Because even better than not letting accidents show is not letting accidents happen.



Rely. It even absorbs the worry.

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continued

Better school

What are the specialties that draw students?

Magnet schools have scores of educational specialties, most of which can be categorized by:

- *Curriculum.* At the elementary level and, more typically, at the secondary level, magnets give students an enriched program in a particular field of study. Math and science, the creative and performing arts, foreign languages, and career-oriented programs are among the most popular magnet specialties. In Milwaukee, each high school has its own magnet program. At most high schools, the magnet or magnets are career specialties. It might be any of 23 programs, such as computer data processing, health and medical science, transportation, or law enforcement and protective services.
- *Teaching methods.* Most elementary magnets are characterized by how they teach rather than what they teach. The approach can range from freewheeling, innovative techniques to the fundamental, back-to-basics style. In San Diego, elementary-age youngsters can choose from four fundamental magnet schools and four individualized instruction magnets. The fundamental schools stress the basic skills, homework, and strict codes of discipline and appearance. The individualized instruction magnets offer more ways for youngsters to explore on their own in a less structured environment; instruction is more personalized, and youngsters learn at their own rate.
- *Type of students.* Magnet schools also can focus on the needs of particular types of students. In Houston, for example, gifted youngsters can enroll in the Vanguard magnets geared toward keeping them challenged. Students who have educational problems—often because of personal situations that require special counseling—can enroll in the Contemporary Learning Center described earlier.

Are kids taught the basics at a magnet school?

Yes. The first priority in any school—magnet or otherwise—is to teach the fundamentals of reading, language, math, and science. What distinguishes a magnet is that it goes one step further in its special field.

At a "total immersion" language magnet, a youngster can learn the three R's almost entirely in Spanish or French, beginning in kindergarten. At a math/science magnet, a science-oriented child can spend an extra hour before school each day in a lab. And at a creative and performing arts high school, all the "basics" may be taught just as in a neighborhood school, while all electives focus on advanced programs in dance, music, and art.

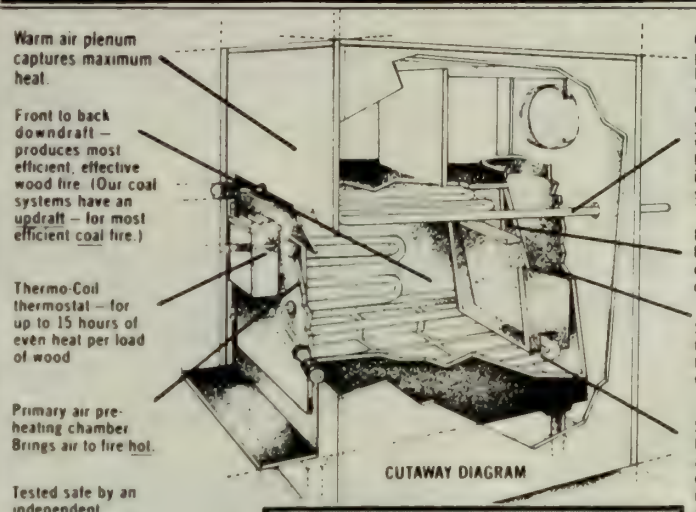
Magnet schools can offer excellent specialized education because their resources are concentrated. The principal and teachers often are trained in the school's specialty, or are highly suited to its particular way of educating.

When the magnet is a particular course of study, students often benefit from the involvement of business, cultural, and higher education institutions in the community. These civic partners often provide special lab

continued

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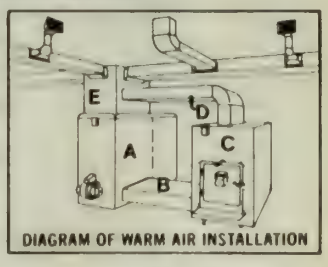


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continued

Better school

equipment, lecturers, and field trips.

For example, at Boston's Madison Park High School, the magnet specialties include music, theater, and dance. To enrich the curriculum in these areas, musicians from the New England Conservatory of Music and actors and dancers from the Theatre Company of Boston work with youngsters to develop their talents.

Who can attend a magnet school?

That depends on the attendance patterns devised by the local school district to achieve the desired proportion of minority and majority student enrollment in individual schools. In some cases, a magnet may draw students from an entire school system, or it may enroll a limited number of students from its own neighborhood and the rest from other sections of the city. In Milwaukee, even students from participating suburban school districts can enroll in the city's magnet program, while some students from the city attend suburban magnets.

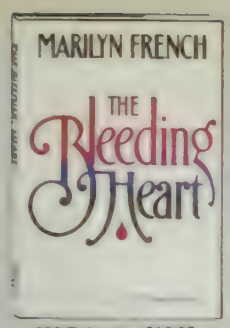
Students may be admitted on a first-come, first-served basis or by lottery. Still other magnet schools may choose their students by competition or have special admissions criteria. A music magnet may require that a candidate audition. Students who want to enroll in a math/science program may be evaluated on the basis of test scores and interviews.

What are some of the drawbacks?

The clearest danger is that a student may waste time in an attractive specialty program that turns out to be inappropriate. Frustrated and disappointed, the youngster then may quit school altogether. To help prevent such a mismatch, any district with magnet schools should inform students thoroughly about each magnet and provide a counseling service to match students and schools.

Magnets may also hurt the neighborhood schools in the district—and their pupils. Some people turn to magnet schools not only for specialized education but simply because they think the overall quality of education is better at a magnet school. Some observers have

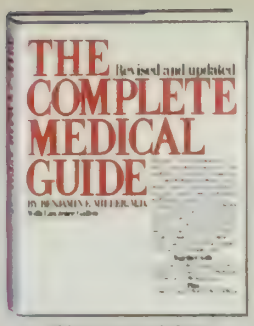
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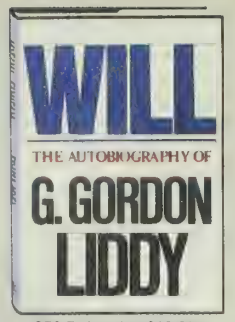
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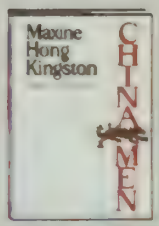


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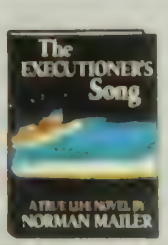
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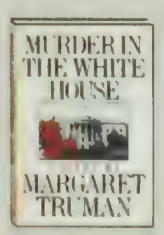
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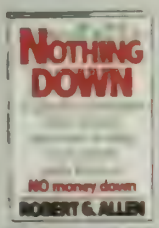
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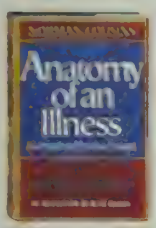
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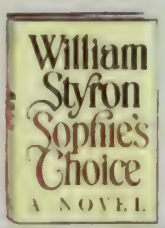
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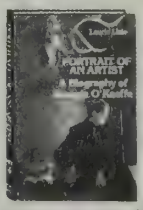


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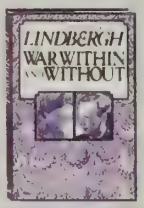
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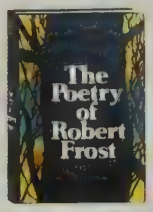
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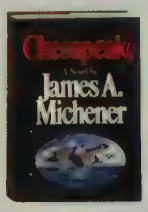
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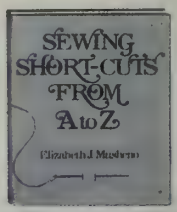
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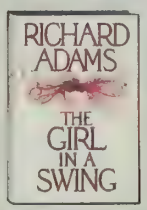
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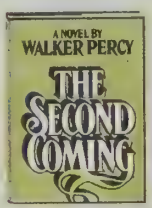
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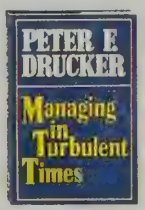
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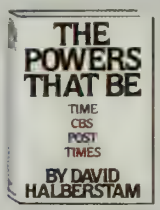
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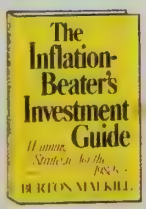
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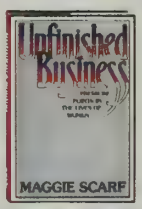
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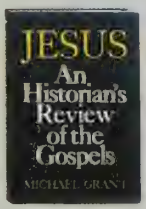
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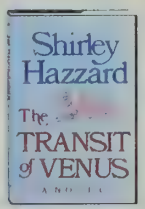
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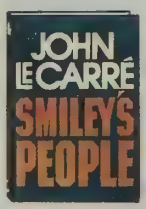
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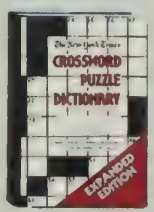
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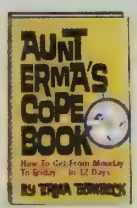
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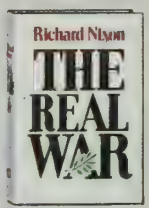
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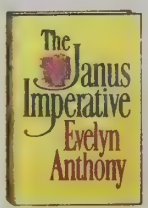
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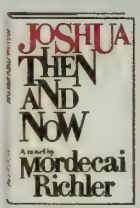
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Better Homes & Gardens

continued

Better school

suggested that magnets may skim the brightest students from many of the other schools.

Magnets also may threaten the survival of certain neighborhood schools. The transfer of a few pupils can lower a school's already shrunken enrollment to the point that the school board decides the school must be closed. Then all of the pupils from that school will have to go somewhere else, whether they want to or not.

Are there any benefits for neighborhood schools?

Yes. When the school's survival is not at stake, the skimming of bright pupils can actually benefit those who remain. Some principals of non-magnet schools report that by making room at the top, the skimming process allows undistinguished pupils to flourish. In addition, a magnet can be a last chance for children with educational problems who can't seem to succeed in their neighborhood schools. In many such cases, magnets not only help the child realize his or her potential but also relieve the neighborhood school of severe discipline problems.

How can you evaluate a magnet school?

Suppose your teen-age daughter wants to go into business administration, or you'd like your eight-year-old son to grow up speaking fluent French. Call your school district's central office to see if your district has a business or a French-language magnet (remember that a label other than "magnet" may be used to describe such schools in your district). If it does, ask the central office to send you any information they have, and study it carefully.

The next step is to go to the school, talk to the staff and the students, and visit some classes. Ask the principal what the program's graduates are doing now. You'll want to know, too, what the admission requirements are (if any), whether the school has a waiting list, and what chance your child has of being admitted.

Get some other opinions. The school's parent organization can be a

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Kernville Lumber Co
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Henderson Bros. Co., Inc.
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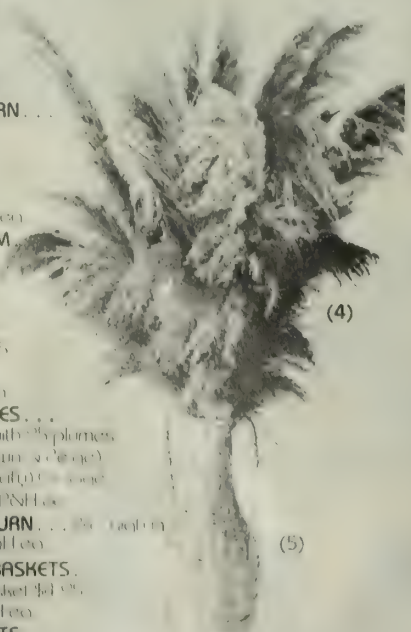


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continued

Better school

valuable source of information. Perhaps a local publication has evaluated—not just publicized—the school.

What then?

If you decide the magnet offers a really good specialized education, sit down with your child and ask yourselves if the magnet's specialty still appears to be suitable.

Be sure to answer these very basic questions:

- What—if anything—will your child be giving up academically in order to attend the magnet?
- Is the general education in your ordinary neighborhood school better than that in the magnet, or not as good?
- Will it be helpful or harmful for your child to be surrounded by others with the same interests?
- Will your youngster be sacrificing any of the social benefits of a neighborhood school (such as after-school extracurricular activities and friendships with classmates who live on the same block)?
- Is the competition in the magnet intense, and if so, how will your child react to it?
- Will attending the magnet really help your child take his or her next educational step—to a suitable high school or to a college, a conservatory, or an apprenticeship?

How can you get a magnet school started?

If your school district has no magnet schools, or doesn't have one with the specialty you're interested in, you have a selling job to do. The school board members and superintendent of schools are the people you'll need to convince. Your task should be easier if your district already has some magnet schools, but in any case, you'll need a reasonable plan and plenty of fellow boosters.

Start by seeking a wide base of support. Find other parents and some teachers or principals who are excited about the project. Try to sell the idea to business people and others who stand to benefit, and get community reaction to the idea by undertaking an informal survey.

Bear in mind that few school districts these days can afford to spend a large sum setting up a new program. If the magnet school you want will require extra equipment, look around for a business that might donate or pay for it. A local company might supply some specialized instructors as well.

Colleges and museums in the community are other possible sources of extra staff and materials. If you're planning a high school magnet, you may be able to arrange for students to take some courses at a local college.

In recommending a location for the magnet, think about these questions: Does an existing school already have some of the facilities and trained staff needed for the magnet school? What location will attract the best mix of students? Where are the colleges, museums, or industries at which the students will be spending time?

When you and your fellow magnet-school advocates have considered thoroughly just what you want to do and how to do it, draft a detailed proposal and present it to the school board and superintendent of schools.

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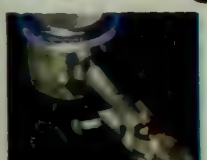


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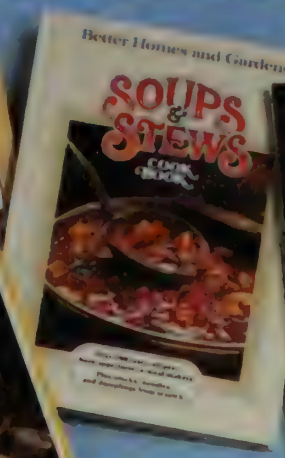
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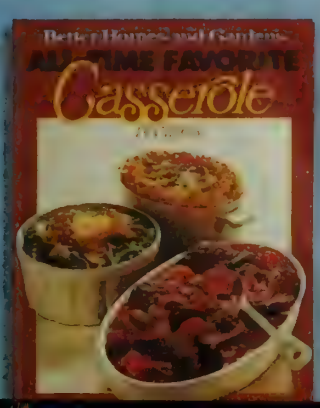
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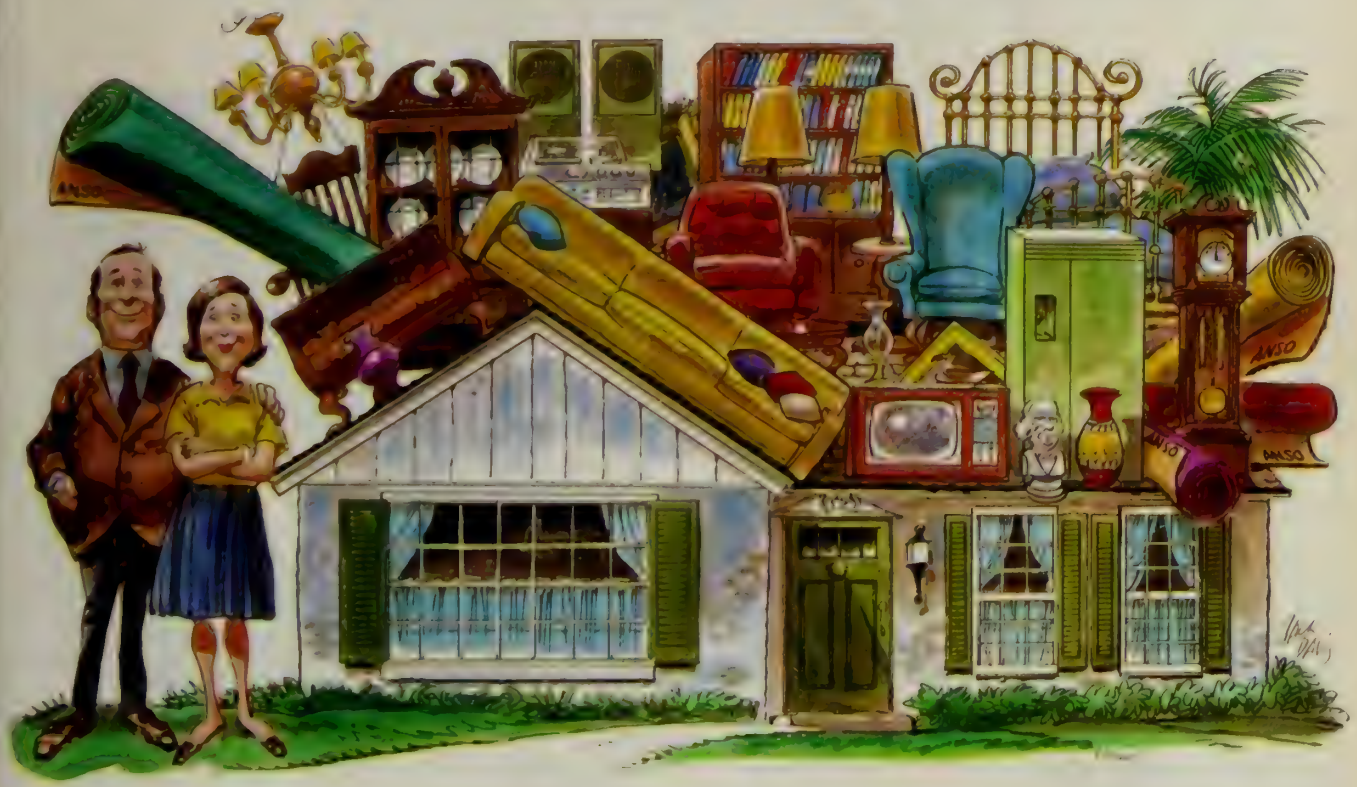
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Dan Kaercher

Same-Day Surgery:

R_x FOR HIGH HOSPITAL BILLS



If the members of your family haven't had to be hospitalized recently, count yourselves doubly lucky—not only have you managed to stay relatively well, but you've also escaped skyrocketing medical-care costs. The hospital bill alone for a typical stay, which usually lasts over a week, averages about $1,700 these days.

One promising antidote for rising hospital costs is the concept of same-day surgery (it's also called one-day, ambulatory, and outpatient surgery). The reason that this approach trims costs so successfully is simple: In many cases, it eliminates a stay of one or several nights in the hospital.

Authorities estimate that anywhere from 20 to 40 percent of all inpatient surgery (that is, surgery that includes at least an overnight hospital stay) could be done on a same-day basis at a savings of $1.75 *billion* each year. Further, it's estimated that performing a procedure on a same-day basis typically cuts the bill in half.

Dramatically lower costs are an attractive feature of same-day surgery, but that's not the only advantage: Patients also save time, run less risk of post-surgery infections, find the experience less distressing than inpatient surgery, and assume more of the responsibility for their own recovery.

Here's what you need to know about same-day surgery to decide—with your physician, of course—if it's for you:

Where is such surgery performed?

There are two types of same-day surgical centers—those affiliated with a hospital and the private "freestanding" centers that are independently owned businesses. Most same-day surgery procedures are performed in hospitals or hospital-affiliated facilities.

The same-day surgery concept has been practiced for years in doctors' offices and hospital emergency rooms. You or a parent may have had a tonsillectomy performed at home or in the doctor's office. Dentists, podiatrists (foot doctors), and many plastic surgeons have long performed surgery in their offices. And thousands of surgical procedures are done every day in hospital emergency rooms.

The concept of surgery centers not affiliated with hospitals, however, is new. The first of these centers opened in 1968. Usually, private freestanding centers are operated by physicians. Today, 81 such facilities are represented in the membership of the Freestanding Ambulatory Surgical Association.

An exact count of hospital-affiliated same-day facilities isn't available, but Thomas R. O'Donovan, Ph.D., hospital consultant and former administrator of Mt. Carmel Mercy Hospital in Detroit, estimates that they're an alternative at about 3,000 of the nation's 7,000 hospitals.

Hospital centers may be housed in two ways—within the hospital, using existing inpatient operating rooms or special operating rooms just for ambulatory surgery; and outside the hospital in separate facilities.

Is it for you?

According to Dr. George J. Hill, II, chairman of the Department of Surgery at Marshall University School of Medicine, Huntington, West Virginia, the only way to learn whether you are a candidate for same-day surgery is to ask your physician. Your doctor will take into consideration:

- Your general physical condition.

continued

continued

Same-day surgery

Usually, but not always, same-day surgery is restricted to patients who are under 60 years of age and don't have a history of stroke or such chronic diseases as arthritis, heart or blood vessel disease, or diabetes.

- Whether you have someone to take you home afterward. (Driving is usually forbidden following the surgery.)
- Whether there is someone to care for you following the surgery.
- The nature of the surgical procedure. It should normally take less than one or two hours and there normally should be few complications in the three to four days following surgery.

Dr. Hill says there are exceptions to the guidelines: For example, an elderly person who is not in the best of health may qualify for same-day surgery if there's someone capable of caring for him or her at home.

Dr. C. Rollins Hanlon, director of the American College of Surgeons, says same-day surgery can be especially appropriate for children and others who fear a stay in the hospital. That's because the patient needn't be separated from the family as long as he or she would be otherwise. Immediately before and after the operation, a child (or any apprehensive patient) can be comforted and reassured by parents and other family members.

What are the patient's responsibilities?

If you choose to have same-day surgery, you also will have to shoulder responsibilities that are ordinarily assumed by nurses and doctors in the hospital.

For instance, in a hospital, the nurses make sure you get nothing to eat or drink the night before surgery. *You* assume that responsibility as a same-day surgical patient.

Dr. Hanlon says you and your family also must be willing to assume some of the responsibility for postoperative care. Relatives must be thoroughly briefed on the aftereffects of surgery and told what to look for. If you (or the person who will be caring for you) can't handle the responsibility, same-day surgery should be ruled out.

What are the common same-day procedures?

Here are the ten most common procedures performed in 1979 in private freestanding centers:

1. *Diagnostic dilation and curettage* (D&C)—dilation of the cervix and scraping the lining of the uterus.
2. *Tubal ligation*—sterilization by blocking or severing the fallopian tubes.
3. *Myringotomy*—draining fluids from behind the eardrum. (Usually performed on youngsters.) This often includes inserting tubes inside the ear.
4. *Orthopedic procedures*—such as setting an uncomplicated fracture.
5. *Excision of skin lesion*—usually removal of a small skin cancer, wart, mole, or cyst.
6. *Dental procedures*—such as the removal of wisdom teeth or setting a broken jaw.
7. *Adenoidectomy and tonsillectomy*—removal of the adenoids and tonsils.
8. *Diagnostic laparoscopy*—an exami-

continued





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continued

Same-day surgery

nation of the abdominal cavity, performed with fiberoptic instruments.

9. *Vasectomy*—a male sterilization procedure.

10. *Cystoscopy*—an examination of the inside of the bladder.

Many other procedures can be done on a same-day basis. These include cosmetic plastic surgery to remove excess fat, breast augmentation surgery, hernia repair, operations on eye muscles, operations to improve sinus conditions, even inserting cardiac pacemakers.

What's the routine?

If you and your physician decide that you will have same-day surgery, your doctor will schedule an appointment that's convenient for you, the center, and your surgeon.

Some facilities then send you information outlining what is required before surgery and what will happen when you arrive for the operation. The instructions will tell you when and what you can eat beforehand and when to come to the center.

Your doctor may order X rays, as well as an electrocardiogram to check your heart.

When you arrive at the center, a nurse or physician will ask a few questions about your medical history, take a sample of blood, and check your blood pressure. Then you'll be asked to sign a consent form authorizing the operation.

You'll change from your street clothes into a gown. Then the anesthesiologist will again review your history, check the results of the lab tests, and listen to your heart and lungs.

It's vitally important that you follow the presurgery instructions; otherwise, surgery may have to be postponed. If everything checks out, you may be given medication to relax you until the surgeon is ready to begin.

Recent advances in anesthesia have been a boon to same-day procedures. When the time comes for you to be anesthesized, you'll probably be given a quick-acting general anesthetic that

continued

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continued

Same-day surgery

puts you to sleep immediately. After the anesthesia, you wake up quickly and with few side effects. Some cases require only a local anesthetic.

Following surgery, you'll be taken to a recovery room until the surgeon or anesthesiologist determines you're ready to go home—under the supervision of another adult. Before you leave, you'll be told exactly what to do, or whom to call, if problems arise.

Most procedures involve less than four or five hours at the center—start to finish.

What are the advantages?

- *Less expense.* Surgeons' fees are usually the same whether the surgery is performed on an inpatient or a same-day basis. But you can see from the Cost Comparison chart on page 80 that you can save considerably by not staying in a hospital.
- *Convenience.* Especially at private freestanding centers, scheduling can be more flexible than at facilities within a hospital. There's very little red tape involved in the centers, too (whether the center is hospital-based or private) because records are less detailed than those required for hospital inpatients.
- *Less emotional trauma.* For children and others who may be afraid of hospitals, the opportunity to be with relatives immediately before and immediately after surgery is a decided plus.
- *Less physical discomfort.* Same-day procedures are shorter and the effects of the anesthetics used aren't as long lasting as those used in other procedures. Because of this, there's usually less post-surgery discomfort than there is with longer inpatient operations.

What should you ask beforehand?

Here's a checklist to help you evaluate any elective surgical procedure (one that's not urgent or mandatory)—especially an outpatient procedure:

- *Get a second opinion if there's any question in your mind about undergoing the procedure.* Ask your family doctor or surgeon if the procedure is really necessary and what the expected outcome is. Dr. Hanlon says this is especially important if you question whether the operation you're considering can be done on a same-day basis as recommended. In some states, insurance companies require such a second opinion.
- *Ask about the facility's accreditation.* Approval by an accrediting organization such as the Accreditation Association for Ambulatory Health Care or the Joint Commission on Accreditation of Hospitals, or membership in a group like the Freestanding Ambulatory Surgical Association, isn't a guarantee of quality. However, such an affiliation is one indication that a center has met certain high standards.
- *Check the cost.* Your insurance company may be able to help you with this. Where private freestanding surgery centers exist, you can check the cost of a procedure by calling the center. The information may be more difficult to obtain from a hospital facility, because the hospital does not know in advance what tests your doctor will order or how long you'll stay.
- *Make a responsible decision.* In spite of the advantages of same-day surgery, some people still choose to have inpatient surgery. In many cases, the reasons are quite valid. However, don't base your decision on this kind of shortsighted reasoning: "I've been paying for a long time for hospital coverage, and I'm going to take advantage of it." That kind of attitude only adds to high health care costs rather than helping to solve the problem.

What about insurance coverage?

Most commercial insurers routinely pay for surgery in private freestanding centers. Virtually all will pay for same-day surgery in hospital facilities.

The outpatient portion of Medicare coverage will pay for same-day surgery only in hospitals or hospital-owned facilities, and the surgeons' fees according to predetermined government schedules. However, federal legislation has been proposed to cover payment for private freestanding centers.

The Blue Cross and Blue Shield Associations—representing the largest single private health insurance system—say all of their plans will pay for same-day surgery in hospital units (although not all plans have such facil-

continued



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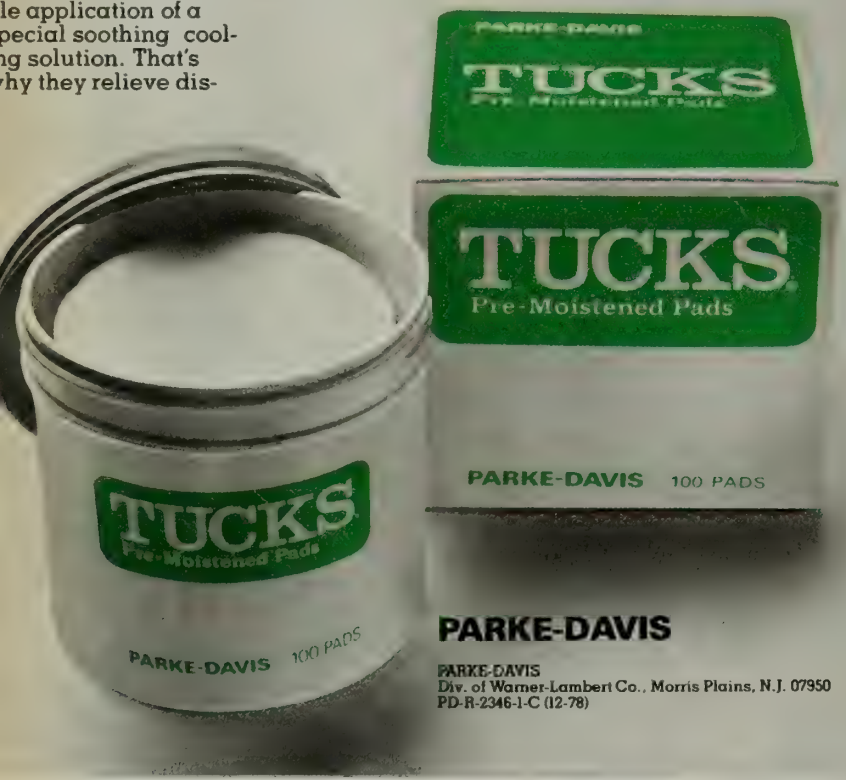
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ly pays for physician services wherever performed—unless local peer review groups judge the facility or procedure to be inappropriate.

Insurance coverage for same-day procedures is becoming more and more widespread. In fact, insurance companies are actively promoting same-day surgery.

Blue Shield of California has identified more than 700 procedures that could be performed in same-day settings. Hospital claims for any of the 700 are reviewed by the company to determine their appropriateness. While payment is not denied if the procedure is done in the hospital, the message to physicians, consumers, and hospitals is clear: Where appropriate, same-day surgery is preferred.

The Washington, D.C., Blue Cross and Blue Shield plans have gone one step further and actually deny hospital claims for 50 procedures unless hospitalization is justified.

For more information

If you'd like to know more about same-day surgery, write the following:

- The Freestanding Ambulatory Surgical Association, 1040 East McDowell Road, Phoenix, AZ 85006. Ask for their consumer information booklet. They will also help you locate a private freestanding surgery center near you.
- The Accreditation Association for Ambulatory Health Care, Inc., 4849 Golf Road, Skokie, IL 60077. Ask for a list of the accredited organizations.
- The Health Insurance Institute, Department BH, 1850 K Street NW, Washington, DC 20006. Ask for copies of *Cutting Health Care Costs with Ambulatory Surgery Centers* and *How To Use Health Services Wisely.*

—Michael P. Scott

continued

Same-day surgery

ities in their areas). Twenty-nine Blue Cross and Blue Shield plans will pay for approved operations in private freestanding centers.

Blue Shield, which deals with physician fees, has taken no formal position on private freestanding surgery centers. However, Blue Shield general-

HOSPITAL COST COMPARISON*

Procedure	Same-day	Inpatient
Vasectomy	$131	$499
Myringotomy, tonsillectomy, adenoidectomy**	259	514
Excision of breast mass	277	673
D & C	321	561
Laparoscopy with tubal coagulation	362	602

*Average hospital charges in 129 North Carolina hospitals during the first six months of 1979. **Frequently performed in combination.
Prepared by Blue Cross and Blue Shield of North Carolina. Costs for private freestanding centers not included in study. Anesthesiologist and surgeon fees not included. Costs in your area will vary according to factors including hospital room rates and types of patients being treated (elderly, children, etc.).

Standard, run-of-the-mill vinyl floors don't look bad for the price. But they're really no bargain.

For one thing, the patterns on these floors, which aren't all that exciting to begin with, can disappear from under your feet sooner than you might expect. You see, their protective wear-layers don't last all that long. And these floors wind up absorbing dirt.

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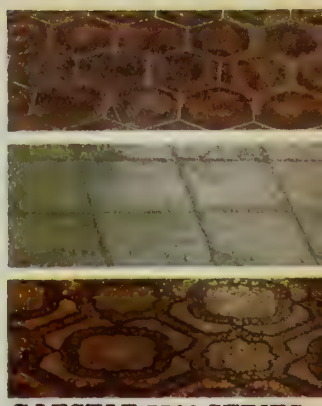
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The examples above are (top to bottom), Bancroft Way (Apricot Buff), Country French (White Mist), Jefferson Manor (Cocoa Brown)



GAFSTAR 6700 SERIES

The examples above are (top to bottom), Careca (Blue Dusk), Carnegie (Raisin), Maxden Tile (Honey Gold)

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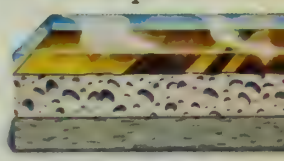
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It's this kind of toughness that make Gafstar 7500 and 6700 Series truly no-wax floors. Instead of elbow grease, an occasional damp mopping keeps these floors shining. In high traffic areas, all it takes is a recommended vinyl dressing to restore these floors to their original lustre.

Aside from being a pleasure to look at, Gafstar 7500 and 6700 Series are a pleasure to walk on. Both have our Quiet-Cor® foam interlayer that increases comfort, decreases noise and helps act as insulation.



Gafstar 7500 Series vinyl flooring



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TAXES:

ARE YOU MISSING OUT ON DEPENDENCY EXEMPTIONS?

Most families are familiar with the tax exemption rules about youngsters who are age 19 or under or are full-time students. But when it comes to the possibility of qualifying your parents or other relatives as dependents, some fairly complex arrangements may be needed. You still have four months to pin down those exemptions for 1980, so start planning now.

First the law: To qualify as a dependent, anyone other than your kids can't have a gross income of more than $1,000 for the year. This figure includes only *taxable* income. You don't count social security, the gain (up to $100,000) on the one-time sale of a house by someone over age 55, unrealized interest on U.S. savings bonds, and dividends on tax-exempt securities like municipal bonds.

Once this taxable-income limitation is met, you must contribute more than half of an individual's support before you may claim that person as your dependent. However, if several people—say you and your brother and sister—jointly contribute more than half of a person's support, any one of you who chips in at least 10 percent may claim that dependent, provided the other contributors agree to the arrangement.

Helping a parent

To explain how this works, we'll use a parent in our example, although the same rules apply to any direct ancestor or direct descendant (natural or adoptive), any aunt or uncle, any sibling or step-sibling, any niece or nephew, as well as any father-in-law, mother-in-law, son- or daughter-in-law, brother- or sister-in-law. It doesn't matter if the relative lives under the same roof with you. If the person does, the fair market value of his or her room and board counts as part of the contribution.

Let's say your widowed mother has an annual income of $3,600, of which $800 comes from dividends and $2,800 from social security. She thus qualifies as a potential dependent, but contributions to her support must total at least $3,601 before she may be claimed as one. If three of you participate to make up that sum, you can simply rotate the exemption among you. Everybody signs IRS Form 2120 (Multiple Support Declaration), and if it's your turn to get the break, you attach that form to your federal income tax return.

So long as no more than one contributor at a time claims the exemption, the IRS doesn't care how you allocate it. One contributor may take it every year, another never—it makes no difference. The greatest savings accrue if you let the exemption go to the contributor in the highest income bracket. How you work that out is up to you.

More tax savings

Close cooperation also pays off when it comes to medical expenses. Under a multiple support declaration, the participant who claims the exemption also may deduct medical expenses made on behalf of the dependent. So if one of you is itemizing deductions anyway, and has family medical bills near the 3-percent adjusted gross income floor for such deductions, it's smart to let that contributor take the exemption and pay those expenses.

The catch—you'll have noted—is that these bills can't be met out of the common support purse; whoever takes the deductions must be able to prove that he or she actually paid for them personally. So, if your mother has heavy medical expenses this year, make sure that the appropriate one among you pays those bills right now.

Caution: These deductions are allowable only to the extent they're not reimbursed by insurance or other sources. For example, should your mother pay you back for the medical expenses you paid for her, you would not be entitled to the deductions.

There's another wrinkle to medical expense deductions: You may claim a dependent's medical expenses on your tax return even if you can't claim the individual as an exemption because his or her taxable income is too high. The only provision is that you provide more than half that person's support.

Once again, make sure that you pay all medical bills out of your own pocket. Now let's assume that your mother's total support is $8,000, and that you have paid $3,500 on her medical bills. At this point, you are not eligible to add those expenses to your own itemized deductions—but you can become eligible by giving her another $501, for a total of $4,001, even if she doesn't need that extra money.

You'll find that you are ahead despite the additional outlay. You'd save up to $549 if you are in the 30-percent tax bracket, up to $899 in the 40-percent bracket, and up to $1,249 in the 50-percent bracket (the "up to" depends on whether you have enough medical expenses to cover the initial 3-percent adjusted gross income floor).

Helping your children

All the rules we've discussed here also apply to your children over 19 who are not full-time students. But no matter how old your kids are and how much income they have, you can claim them as dependents so long as they attend a recognized school for some part of each of five calendar months (not necessarily consecutive) in the same year. You must provide at least half of their support. Also, you're generally not permitted an exemption for a de-

continued on page 88

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continued from page 84

Taxes

pendent who files a joint return. Any present you give your child counts provided it contributes to total support. Even a car would qualify. The value of such a present is the price you paid. If you bought a used item, the fair market value is the guideline.

Given all this, there are several strategies you can follow to keep your kids eligible as dependents. The key, as always, is your tax bracket. At 40 percent, for instance, the exemption saves you $400. Anything you give your child beyond what you'd normally give him must cost you less than $400 to be worth the effort, taxwise.

If you provide less than half of your son's support in medical school now, and another $300 would put you over the top, make the additional outlay. You'll be $100 ahead (or $200 in the 50-percent bracket, etc.).

But there are other ways to accomplish the same end. If your son now uses your car, consider turning the title over to him. Or how about some furniture you don't need? Just be sure you don't give him everything at once. Calculate the value of the items and spread the gifts out over several calendar years so that you can keep the exemption going.

Another strategy: If your son has an income—from a trust, for instance—let him reinvest enough of it so you'll be paying more than half his support. True, at the time your outlay will be greater than your tax savings, but the money stays in the family. Moreover, whatever you give your son now won't be taxed in your estate.

Note that support of your children does not count as gifts. You and your spouse each can still give each child $3,000 every year on top of support without running into gift taxes.

Dependent live-ins

While the list of claimed dependents who don't live with you is limited to relatives, anyone in your household may be claimed as a dependent—provided taxable-income limits are met, you supply more than half his or her support, and the person meets citizenship and joint return rules.

—George Bush



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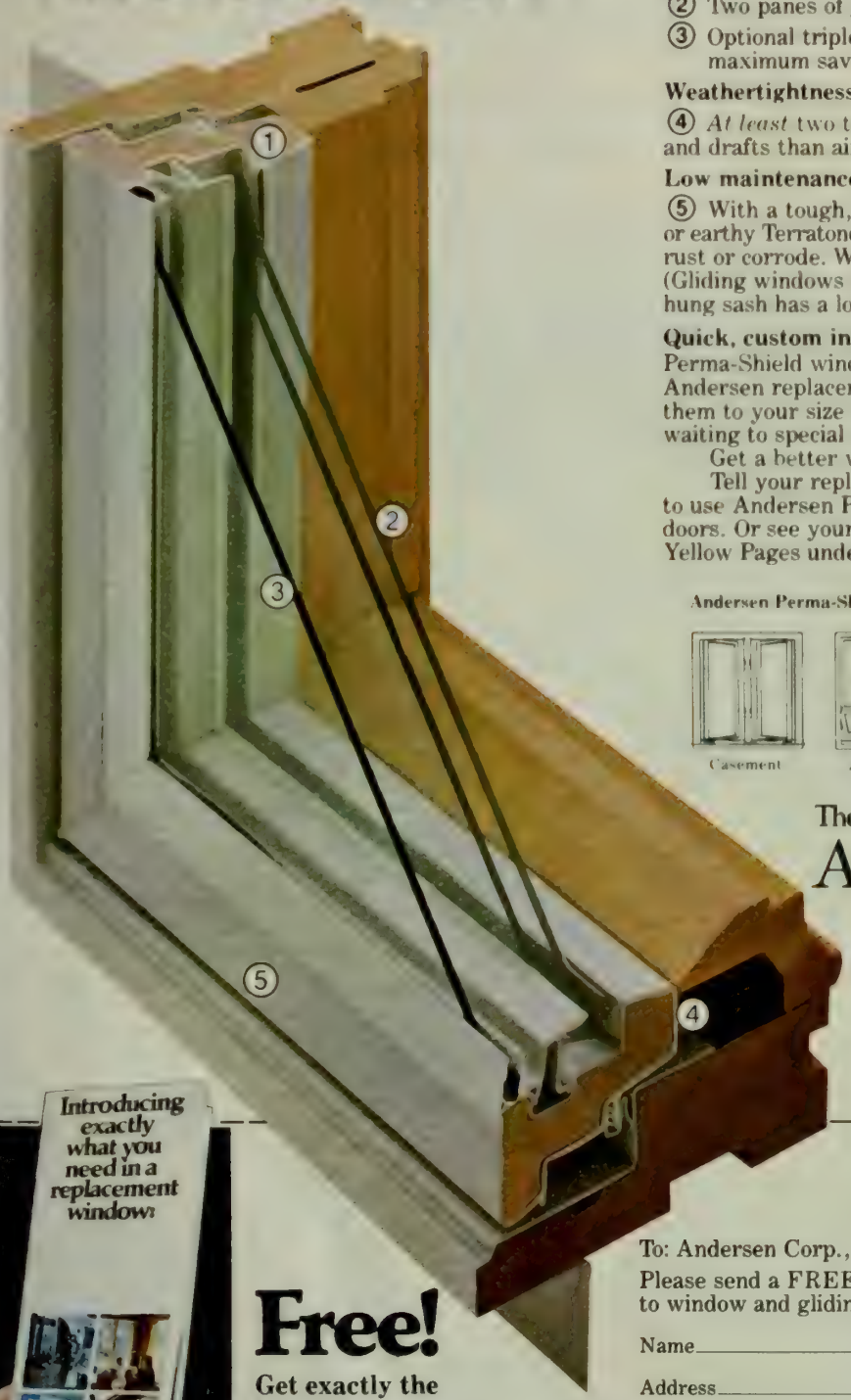
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A better window.



Whether you're replacing one leaky, drafty window or a houseful of worn-out energy wasters, Andersen® Perma-Shield® windows offer exactly what you need:

Quality.
Trim, beautiful Perma-Shield windows are more than just replacements. They're original quality prime windows, the kind Andersen has built for over 75 years. The same windows used in new homes.

Fuel savings.

① Solid wood core provides maximum insulation.

② Two panes of glass, not just one, to cut heat loss.

③ Optional triple glazing system available for maximum savings on heating cost.

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④ *At least* two times better at sealing out leaks and drafts than air-infiltration standards require.*

Low maintenance, long life.

⑤ With a tough, rigid vinyl exterior in either white or earthy Terratone color, these windows won't rot, rust or corrode. Won't need painting every few years. (Gliding windows available in white only. Double-hung sash has a long-lasting, low-maintenance finish.)

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Get a better window the second time around. Tell your replacement/remodeling contractor to use Andersen Perma-Shield windows and gliding doors. Or see your Andersen dealer. He's in the Yellow Pages under "Windows."

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A delightful new limited edition

The Magic Moments of Childhood

12 fine porcelain collector plates featuring colorful paintings
by the renowned children's artist Elizabeth Moyes



Reservation Deadline: September 30, 1980

Childhood is the happiest time of life — filled with magic moments of fantasy and make-believe, wonder and discovery, tenderness and love. These golden moments stay with us the rest of our lives, mirrored in the smiling faces and beaming eyes of the children we love.

Now, to recapture and rekindle those moments again, the Danbury Mint is proud to announce a new limited edition of collector plates that portray the magic and wonder of childhood as never before — *The Magic Moments of Childhood Plates.*

Exquisite Colorful Paintings.

Rare indeed is the gifted artist able to portray the emotions as well as the experiences of childhood. Such a talent is Elizabeth Moyes, a renowned children's artist of unusual sensitivity and extraordinary gifts. With the award of our commission, she has created a new series of colorful paintings of great sensitivity and beauty, evoking the innocence, enchantment and joy of childhood. Her works of art were painted exclusively for this collection and will never appear anywhere else.

Convenient Acquisition at a Guaranteed Price.

To reserve your collection, simply complete the attached reservation application. You need send no money now. Your twelve plates will be issued to you at the convenient rate of one every two months. You will be billed for each of your plates at two-month intervals and the original issue price is guaranteed for each plate throughout the entire collection.

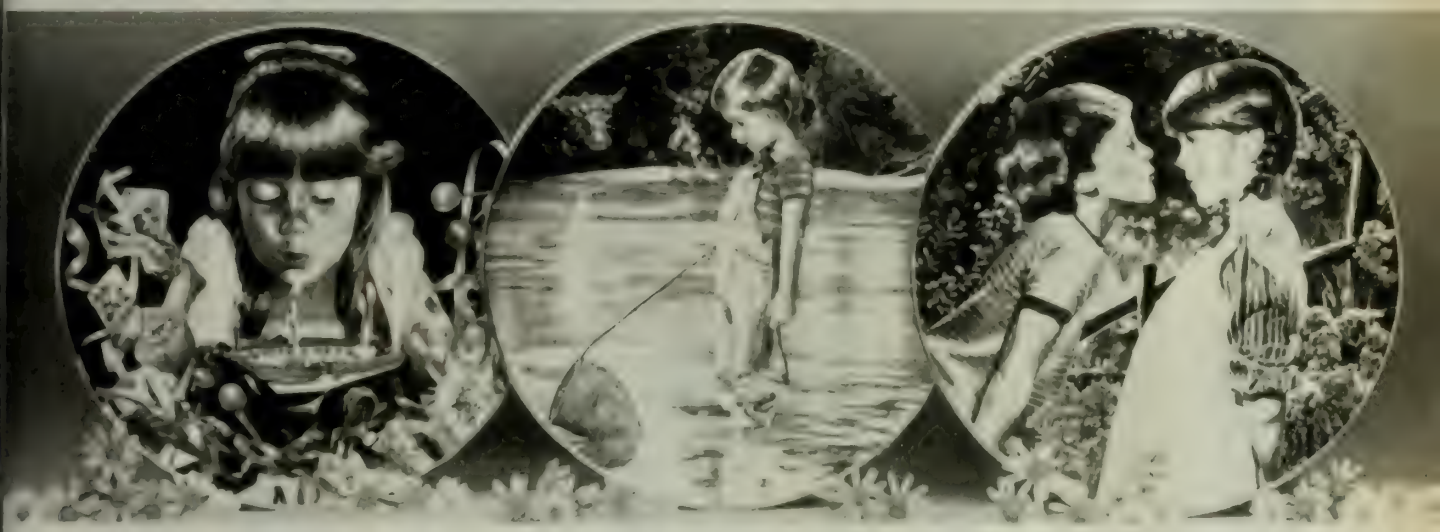
Satisfaction Guaranteed.

Each plate will be thoroughly inspected by the Danbury Mint prior to shipment. However, if you should receive any plate you are not completely satisfied with, you may return it for replacement or refund. And you may discontinue your subscription at any time.

Please Act Promptly.

Remember, your reservation for this offering must be postmarked no later than September 30, 1980, in order to be guaranteed acceptance. To avoid disappointment, reserve your collection today!

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The Beauty of Fine Porcelain.

The Magic Moments of Childhood Plates will be crafted of fine Bavarian porcelain, treasured the world over for its translucence, whiteness, and strength. The tradition of Bavarian porcelain is one of the oldest in Europe, going back over two and one half centuries. The creation of a collection of such quality would be impossible without the specialized knowledge and time-honored craftsmanship that only a few master porcelain makers possess.

Hand-Decorated with 22kt Gold.

Each flawlessly crafted plate in the collection will be a stunning work of art, reproducing the colorful Elizabeth Moyes painting in precise and faithful detail. And each plate will be hand-decorated with a border of precious 22kt gold. As a collection, they will bring you and your family joy and delight for generations to come.

Strictly Limited Edition.

The Magic Moments of Childhood Plates will be issued in a strictly limited edition available exclusively from the Danbury Mint. No plates will be sold separately and none will be made available in stores. The attached reservation application is guaranteed acceptance only if postmarked on or before September 30, 1980. The size of the U.S. edition will be forever limited to the exact number of subscriptions reserved by this final deadline.

X-18

RESERVATION APPLICATION

The Magic Moments of Childhood Plates

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06856

Guaranteed acceptance only if postmarked by September 30, 1980.

Please accept my reservation application to *The Magic Moments of Childhood Plates* collection. I understand this is a collection of 12 fine Bavarian porcelain plates featuring colorful paintings by Elizabeth Moyes. The collection will be issued at the rate of one plate every two months at a cost of $31.50 per plate (plus $1.50 for postage and handling).

I understand I need send no money now. I will pay for each plate as billed at two-month intervals. I may discontinue my subscription at any time, and any plate I am not completely satisfied with may be returned for replacement or refund.

Name _____

Address _____

City, State _____ Zip _____

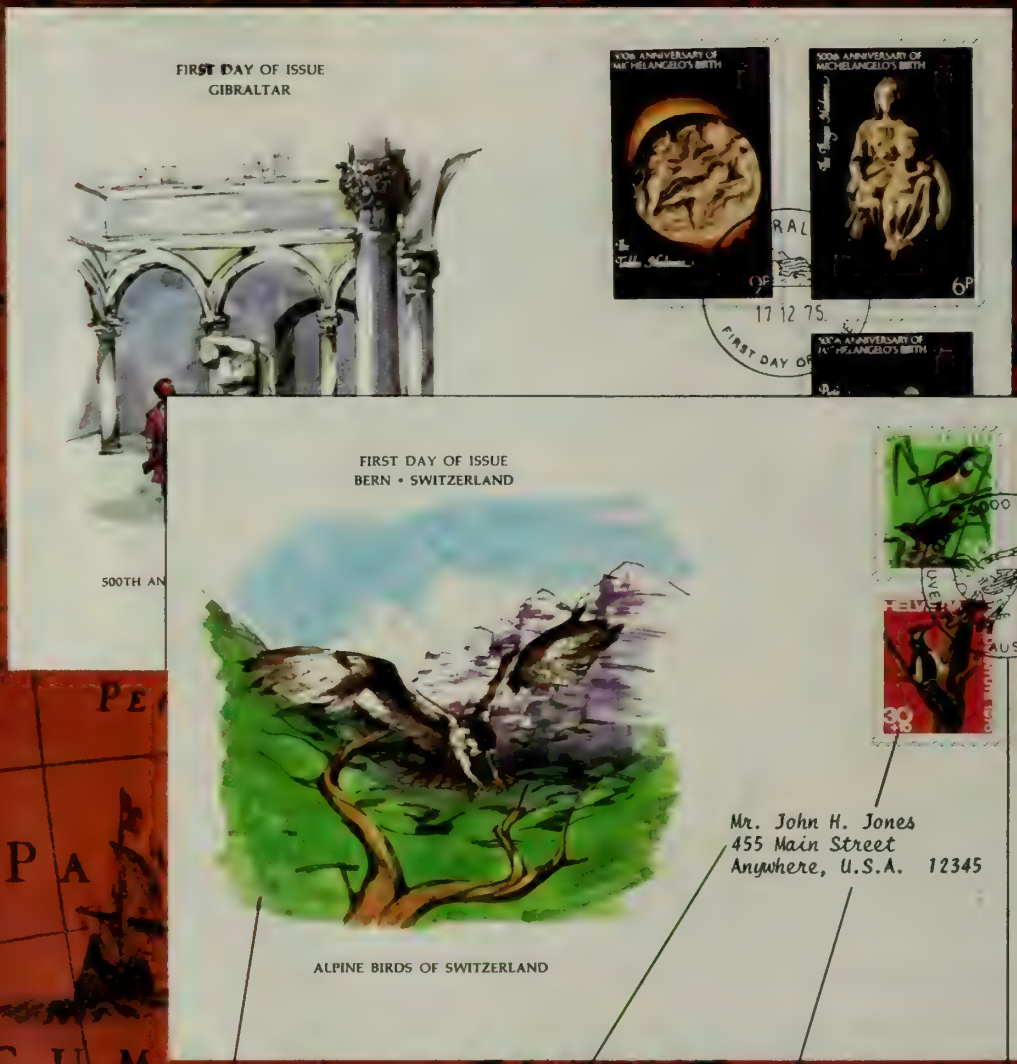
Signature _____

☐ Check here if you want each plate charged, as it is shipped, to your:
☐ Master Charge ☐ VISA

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Credit Card No. Expiration Date

First Day Covers From Around The World

A Limited Edition Collection of Official First Day Covers of the World's Most Important New Stamp Issues



FULL-COLOR CACHET WITH an original work of art complementing the First Day of Issue stamp(s). Each cachet is unique, in total harmony with the artistic and philatelic nature of the stamps.

PERSONALIZED with your name and address, if desired.

OF ALL THE STAMPS ISSUED each month the world over, the society selects only those first editions which qualify as extraordinary.

POSTMARKED ON THE FIRST DAY O ISSUE, at the official post office of first is by that nation's postal authorities. These postmarks, available only on the Official F Day of Issue, indelibly certify the first-edit status of your collection.

Covers shown smaller than their actual 7½" x 5" size.

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A significant opportunity to build a major collection international First Day Covers om nations around the world.

w collectibles hold such fascination for connoisseur as international First Day ers ... bearing first editions of the world's spectacular commemorative stamps ... strictly limited to the exact number marked with the official First Day of cancellation.

easured for their beauty, renowned for rarity, international First Day Covers for rations have intrigued collectors with omance of far-off lands.

leed, such covers and the stamps they are museums in miniature ... windows gh which you may experience each n's history and art, science and tech- gy, customs and festivities, geography vildlife – almost as if you had journeyed .

w of these fascinating stamps ever leave nation of origin. Fewer still are on First Covers, issued for one day only at the al post office of first issue, with the al "First Day of Issue" postmark.

our Opportunity to Participate n a Time-Honored Tradition

or nearly a century, collecting inter- onal First Day Covers has been a sure reserved for a privileged few: nbers of royalty, heads of state, the omatic corps, and world travelers of t wealth, for whom expense is no object.

ut now the privilege of collecting inter- onal First Day Covers is one that you can e. A whole new world of collecting, e exciting and satisfying than any you yet experienced, has finally become ssible.

hrough membership in First Day Covers n Around the World, astute collectors of e modest means may now surmount the acles of distance, language, and un- iliarity with foreign postal procedures ... begin building a collection of inter- onal First Day Covers of great beauty and ired rarity.

Collection of Major Significance

ach month, the Society selects three of the ld's most outstanding First Day Covers ... n the many issued each month on every inent. Only the most spectacular issues pass the Society's standards of beauty philatelic importance. These will be the es the Society believes will be the most aimed by knowledgeable collectors. These efully selected issues are sent to Members he First Day Covers From Around the rld program.

To seek out and select such outstanding First Day Covers on your own would require many hours of research and complicated international transactions. But as a Member, all of this is done for you and you build your collection automatically.

Authentic in Every Regard

No two international First Day Covers will be alike. Each will be cacheted and postmarked in accordance with the issuing nation's philatelic traditions. Your collection will be authentic in every regard.

This diversity, which is characteristic of authentic international First Day Covers, will impart a sense of adventure in building your collection. Every month will bring new surprises and new discoveries. As your collection grows, it will form a fascinating panorama of history and civilization around the world.

Convenient Acquisition Plan... No Payment Required Now

As a Society Member, you will receive three international First Day Covers each month. No payment is required at this time. You will be billed with each shipment at the price of $3.00 per cover plus $.50 per cover handling and shipping ($10.50 per month). Further, you may terminate your membership at any time on thirty days' notice.



Custom Designed Collector's Album at No Additional Cost

You will receive a luxurious album to house and protect your collection – with special pages which allow you to display the individual covers to family and friends without removing them from the album.

Each display page is also an informative reference guide – describing the history and significance of the event, person, or tradition depicted on both the stamp(s) and cover. Thus, each issue becomes an enriching educational experience for you, your children, and future generations of your family.

Guaranteed Acceptance Only if Postmarked by October 31, 1980

Membership in this program must, by necessity, be very restricted. When negotiating with governments around the world for the most important new stamp issues, it is often very difficult to secure more than a limited number of First Day Covers. Therefore, to enable our Members to receive these very desirable covers, membership rolls are kept restricted.

For a brief period, you have an opportunity to join the select group of subscribers who enjoy collecting these sought-after covers. But your reservation must be postmarked on or before October 31, 1980 in order to guarantee acceptance. Don't let this important opportunity slip by – mail your reservation without delay.

Reservation Application

Postal Commemorative Society
47 Richards Ave.
Norwalk, Conn. 06857

Guaranteed acceptance only if postmarked by October 31, 1980

Please enroll me in *First Day Covers From Around the World*, a limited edition collection of official First Day Covers of the world's most important new stamp issues. My covers will be sent to me at the rate of 3 per month beginning 6 to 8 weeks after receipt of my application. The price will be $3.00 per cover plus $.50 handling and shipping ($10.50 per month*).

A custom collector's album and handsome reference pages will be sent to me at no additional charge. I understand that either party may cancel this subscription agreement at any time.

I would like my covers: ☐ Personalized as below ☐ Unaddressed

Mr., Mrs., Miss _____

Address _____

City, State _____ Zip _____

As a convenience, you may select one of the alternate payment options below. Otherwise, we will bill you for your covers as they are shipped to you each month.

☐ I prefer to have each month's issue charged at the time of shipment to my:

☐ Master Charge ☐ Visa

_____
Card Number Expiration Date

☐ I prefer to pay $10.50* now for the first month's shipment.
Bill me for subsequent sets at the time each is shipped.

Signature _____

Make checks or money orders payable to Postal Commemorative Society.
*Conn. residents pay $11.29 to include sales tax.

Put the world in better perspective.

See it through the beauty of natural woven woods. 25% off at JCPenney.



Just what does it take to give your home a refreshing new outlook? It takes the crisp, clean charm of natural woven woods. Have the JCPenney Custom Decorating Studio show you just how, and in how many ways, woven woods can work for you. As shades, draperies, cafe curtains to cover a window. As room dividers. As folding doors. In decorating schemes from beach house casual to country classic, cool contemporary to warm traditional. In natural wood tones or dozens of glorious colors.

Sale prices effective September 1 through September 27, 1980.

This is custom decorating the JCPenney way

SHOP-AT-HOME.

BY PATRICIA POLLOCK

TRAY TABLES



When planning your movable feasts, don't overlook the "sleepers"—trusty bed trays. Once you liberate them from breakfast-in-bed duty, these sturdy stand-up servers can work wonders. Here, two bed trays are used to raise a cozy sit-on-the-floor supper to a more comfortable level. The flowery freezer-to-oven-to-table ware is practically indestructible so it's ideal for eat-anywhere fare. Another good choice for tray service is a wineglass with a heavy base and low center of gravity. A tiny floating garden adds a personal touch.

Dinnerware: "Summer Spice" Lenox; wineglasses: J. G. Durand; stainless flatware: "Ribbon Edge" Gorham; sherbet glass: Imperial. Design: Suzy Taylor, ASID

continued

TRAY TABLES
SET YOUR TABLE ANYWHERE YOU LIKE



Do parties at your house tend to be freewheeling affairs rather than staid sit-down-and-stay-put dinners? Then tray tables are just your style. With trays, dinner can travel handily into the living room, out to the patio, or wherever your fancy moves you. Trays also neatly solve the buffet plate-balancing problem. And when you want to be tray-chic rather than casual, just lay out your fine china, crystal, and sterling. As this setting shows, they'll look just as elegant on the coffee table as they would on a conventional dining room table.

China: "Tea Ceremony" Mikasa; crystal: "Incline" Mikasa; sterling flatware: "Florentine Scroll" Lunt; carafes: Schmid. Photographs: Harry Hartman. Design: Suzy Taylor, ASID



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We want you to wake up feeling this good every morning.

That's why we designed Sealy Posturepedic® in cooperation with leading orthopedic surgeons for no morning backache from sleeping on a too-soft mattress.

It's a unique back support system that comes in a wide range of personal comfort and luxury. Whichever you select, you'll get deep-down Posturepedic support.

So don't settle for just any firm mattress. Insist on the one and only Posturepedic. Made only by Sealy. And wake up feeling so good it shows.

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Signet	$249.95	$289.95	$669.95	$949.95
Prestige	219.95	259.95	599.95	849.95
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Citation	159.95	199.95	449.95	649.95

*Suggested retail prices. May vary in Canada.



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Service," and in newspaper classifieds. Give first consideration to names followed by the letters P.E. (Professional Engineer), R.A. (Registered Architect), and A.I.A. (American Institute of Architects). A professional's fee can range from less than $100 to a bit more than $200.

THE EXTERIOR INSPECTION

Here are some of the things that you and the inspector should check on the outside of the house.

☑ ***WALKWAYS AND DRIVEWAYS.*** The quality of workmanship can indicate the strength of the foundation, the concrete steps, and the garage floor. And the condition of a blacktop driveway can provide important clues to the adequacy of the drainage system.

☑ ***DRAINAGE.*** Soil erosion, pools of water on the ground, clogged drains, and poorly maintained rain gutters are signs of drainage trouble.

☑ ***TERMITES.*** Even though a termite-control company might have recently guaranteed the house to be free of termites, look around the building for signs of termite damage.

☑ ***WINDOWS AND DOORS.*** Check to see whether the frames of the doors and windows are square and parallel to the eaves or roof line of the house. Look at the glass and putty in the windows. Inspect the hardware of the doors; open and shut them to make sure they operate smoothly. (If storm windows and doors are not in place, ask the inspector whether they can be installed.)

☑ ***OUTSIDE PAINT.*** Look at the paint job as a whole

BUILDING

CAN THAT HOUSE PASS INSPECTION?

Buying a home can be a good investment, but risky if you try to go it alone. Since you probably can't accurately judge the condition of a house by yourself, don't gamble. Hire a pro to inspect the building for you. As he works, follow him around and ask him lots of questions.

It's possible that the inspector you hire will find something wrong with the house you want to buy. So as soon as you make an offer to the seller, insist that a paragraph like this be inserted in the purchase agreement:

"This sales contract is contingent upon a physical inspection of the building, including structural, electrical, and mechanical systems, by a professional building inspector, and the receipt of a satisfactory report on said building. If the buyer finds this report unsatisfactory, any deposits shall be refunded in full to the buyer. Such inspection and report shall be completed within five days of the signing of this agreement. The costs of the inspection shall be assumed by the buyer."

To find the name of a professional building inspector, look in the Yellow Pages under "Building Inspection





When you put our Vegetable Thins and Wheat Thins® together, you've got a crisp vegetable wheat treat that helps make a picnic taste extra terrific!

TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!

☑ ***PLUMBING.*** Check for leaks, the condition and type of pipes, the way the pipes are connected, and the closing and opening of valves. Check each plumbing fixture for ease of operation, drainage speed, water pressure, mounting, and general appearance. Even if the water heater is in excellent condition, it could prove too small for your needs. Ask the inspector for his opinion.

☑ ***INSULATION.*** A good insulation job can greatly reduce household heating and cooling costs. Check the type, the amount, and the condition of the insulation.

☑ ***ELECTRICAL SYSTEM.*** The electrical system deserves special scrutiny. Determine its age and look at the wires exposed in the basement to appraise their condition. Although the existing system might be in good order, its capacity might be too low.

☑ ***FIREPLACE.*** Check the damper and also the condition of the chimney above the roof.

THE INSPECTOR'S REPORT

Having checked these and perhaps other areas of the house, the inspector will write a report. This report may be either a standard form ready to be check-marked or simply handwritten notes. The inspector will mark on the report the estimated cost of each recommended repair and will tell you when each item should be fixed. This information will help you decide whether to buy the house and budget for the necessary repairs, back out of the sale, or make a new offer to the seller.

Written in cooperation with Raymond Mungiu, P.E.

and pay particular attention to the trim around windows and doors.

☑ ***ROOF.*** Either climb onto the roof or use binoculars to check the roof and chimneys from the ground.

THE INTERIOR INSPECTION

Here's what to look for inside.

☑ ***STRUCTURAL PROBLEMS.*** Check the window and door frames, which should be square. Window frames also should be parallel to the ceiling and floor lines. The windows should open and close easily. Walk through the living room and dining room and note whether your footsteps cause dishes to rattle in the cupboards. In the basement, examine the joists that support the first floor. Cracks, and the dust produced by termites, are indications of weakened joists.

☑ ***WET BASEMENT.*** Check for a musty odor, and sand or paint deposits along the walls—signs of excessive moisture. Look for a line of discoloration along the walls. This could be the waterline of a past flooding.

☑ ***HEATING SYSTEM.*** Check the operation of manual controls at the radiators or registers. Note whether the thermostats are mounted properly; that is, on inside walls, away from sources of heat and cold, and with free access to circulating air. Inspect the insulation around hot-air or hot-water (steam) pipes.

☑ ***VENTILATION.*** Look for vents in the bathrooms and the kitchen. Also check the vents in the attic: An adequate attic ventilation system can reduce summer cooling bills.



GET 3 TOGETHER AND GET 1 FREE!

We'll send you a coupon good for a free box of Nabisco Snack Crackers—Just mail this form and the purchase confirmation seals from any three *different* Nabisco Snack Crackers listed below, to: **GET ONE FREE OFFER, P.O. BOX NB614, El Paso, Texas 79977**

Enclosed are the three different purchase confirmation seals checked below.

☐ Sesame Wheats ☐ Dixies ☐ Chicken in a Biskit™
☐ Vegetable Thins ☐ Swiss Cheese ☐ Snack Shapes
☐ Cheddar Triangles ☐ Sociables® ☐ Dip in a Chip

Please send my coupon to:

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CITY_____ STATE_____ ZIP_____

Offer good only in U.S.A. This certificate must accompany your request and may not be reproduced. Limit one offer per household, group or organization. Offer void where taxed, restricted or prohibited by law. **OFFER EXPIRES DECEMBER 31, 1980**

Step by step: CUTTING UP CHICKEN

It's a thrifty cook who purchases a whole chicken and cuts it up at home, since the uncut bird usually costs less per pound than chicken parts. And cutting a chicken into serving pieces is easy, if you use a sharp utility knife and a cutting board and follow our step-by-step instructions. Remember that you can use the same technique for cutting up duck or pheasant.



Photographs: Dieter

Step 1: Slit the skin at one of the hip joints, as above. Then, with one hand, firmly grasp the body of the chicken. Hold the thigh with your other hand; bend the thigh back till the bone pops out of the joint and is exposed, as shown above.



Step 2: Using the broken hip joint as a guide, cut the thigh away from the body of the bird, as shown above, cutting as close to the backbone as possible. Repeat the slitting, breaking, and cutting steps with the second thigh.



Step 3: Slit the skin at the joint between the thighs and the drumsticks. Then break the joint and cut the pieces apart. Cut off the wings the same way by slitting the skin, breaking the joint, and cutting the wings away from the body.



Step 4: Once the thighs, drumsticks, and wings have been removed, you'll be left with the back/breast piece. Separate the breast from the back as shown above, by cutting along the breast end of the ribs toward the neck of the chicken. Repeat on other side.



Step 5: Now with your hands, grasp the back piece firmly at both ends, skin side up, bending the back toward you to break it into two pieces. (The bone snaps with gentle pressure from your thumbs.) Cut the back in half at the break. If desired, cut off tail.



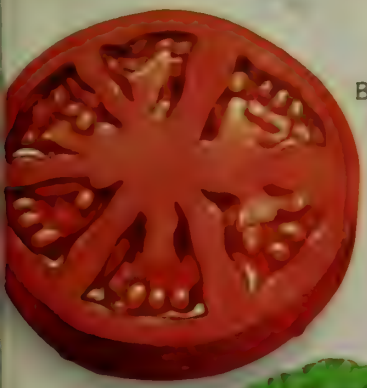
Step 6: Lastly, divide the breast into two lengthwise pieces, as shown (above, rear) by cutting along the breastbone. Or, cut two crosswise pieces by bending the breast between the wishbone and breastbone, then cutting between those bones, shown (front).

ELEVEN NATURALS FOR GOOD EATING.



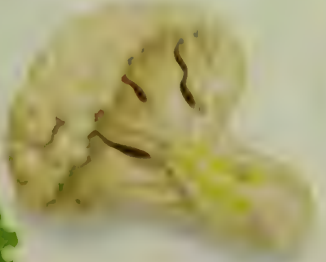
Crispy carrots with lots of good, healthy fiber, a super-rich source of Vitamin A.

Crunchy cauliflower has Vitamins B_1, B_2, and C.



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Mazola® 100% Pure Corn Oil, the only leading brand made from corn. Mazola is cholesterol-free, and low in saturated fats. And no leading oil tastes lighter.





Meaty mushrooms add niacin and heft to any salad.



Cool cucumbers make salads crisp 'n crunchy—and they have Vitamin C to boot.

MAZOLA 100% PURE CORN OIL.

LETS THE NATURAL FLAVORS OF FRESH FOODS COME THROUGH.

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Color Naturals.® Quality and style in one luxury paint. Our finest wall paint ever.

Color Naturals brings deep, rich texture and soft, new natural colors together in one luxury paint.

You notice the difference the moment you start to apply Color Naturals...its consistency as it eases onto the wall. The evenness with which it covers. In one coat.

And you'll enjoy the lovely finish for years.

Color Naturals was formulated to give you, at last, the five things people want in interior wall paint. One coat coverage. Washability, again and again. A low spatter paint. One that's durable. And a wall paint that's warranted. Color Naturals is, for eight years.*

Color Naturals costs a little more than other wall paint. But, Color Naturals gives you the opportunity to be outrageously good to your walls.



Glidden

*Full details available at your Glidden dealer.

SCM GLIDDEN COMPANY

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General Electric Rechargeable batteries keep good things going.

Good things like today's super battery-operated products. Exciting new electronic products that challenge, stimulate and educate the whole family, with more fun than ever before.

And, General Electric Rechargeables keep them going and going . . . for less. Because GE Rechargeables can save you money.

When they run down, you simply recharge them . . . up to 1000 times. They can last for years, even with heavy use.

One GE battery could outlive 100 leading alkaline batteries over a four-year period. And GE batteries can be recharged continuously for less than 10¢ per month. They're great for today's electronic products.

And now, save even more! GE will give you a $2.00 Rebate on our $3.98 (suggested retail) miniature chargers.

Just look for the GE $2.00 Rebate coupon in selected battery-operated products from Cox Hobby, Fundimensions, General Electric, Ideal, Lakeside Games, Mattel, Milton Bradley, Remco, Schaper, Sunpak, Tiger Electronics, Tomy, Vanity Fair and Vivitar.

Look for this GE $2.00 Rebate sticker on millions of battery-operated products. Inside is the Rebate coupon. Just fill it out and send it to GE with proof of purchase of a GE miniature charger, and GE will send you $2.00.

This year, don't let the fun stop when your throwaway batteries die. Get more fun for your dollar with GE Rechargeables.

Look for the Rebate sticker and GE Rechargeables wherever these fine battery-operated products are sold.

$2.00 REBATE ON GE RECHARGEABLE BATTERY CHARGER
SEE MAIL-IN OFFER INSIDE



Choice Egg Aids

Over the years, eggs have remained one of our best food buys. Here are some ingenious gadgets that make cooking and serving eggs easier than ever.



Poaching spoon—Poaching an egg by the classic method—swirling simmering water in a pan and dropping in an egg before the water stops moving—is still the preferred method of most egg lovers. But it can be difficult if your eggs aren't farm fresh. This footed poaching spoon keeps the egg white intact, and makes removing the cooked egg from the pan a simple lift-and-drain operation. To use the spoon, stand it in a pan of barely simmering water. Drop in an egg and leave it undisturbed until the yolk turns a delicate pink and the white is just set. Drain well before serving.

Egg thermometer—Boiling an egg can be a tricky business. If you plop a cold egg into boiling water, it may crack, and if you start the egg in cold water, it's very hard to tell when it's done. Other variables, like the size of the egg or the number of eggs being cooked, add to the difficulty of getting consistent results. This egg thermometer will take the guesswork out of your egg cookery; you'll soon find exactly which marking on the thermometer gives you the kind of egg you like.

Egg slicer—Once you've hard-cooked your eggs, you may want to slice them for garnishing salads, casseroles, or vegetable dishes. An egg slicer will give you professional looking results; it slices an egg lengthways or crossways and keeps the fragile yolk from crumbling.

Egg ring—Use this egg ring to fry an egg that will sit perfectly atop an English muffin or hamburger patty. Butter the inside of the ring, set it in a lightly greased frying pan over low-to-medium heat, and drop in an egg. Fry gently until the egg is done to your liking. Buy four or five egg rings for family use, or substitute well-scrubbed tuna cans with both ends removed.



Photographs: Mike Dieter

Egg coddler—Types of egg coddlers range from a classic porcelain cup with a screw-on top to this new French coddler made with Pyrex. Both varieties can be used to cook *and* serve eggs. For a plain coddled egg, break the egg into the glass cup and press on the plastic top. Lower the coddler into two inches of simmering water, and cook for approximately six minutes. Two eggs will take closer to eight minutes. For extra flavor, butter the inside of the coddler, then cover the bottom of the coddler with chopped ham, mushrooms, tomatoes, or spinach. Add the egg, sprinkle with salt and pepper, and cook as indicated above. When the egg is done, remove the lid of the coddler by pinching the raised center portion of the plastic top.

Cocotte—You can use these small, individual baking dishes for many things, but they're perfect for shirring eggs. Butter the inside of the cocotte and break in two eggs. Add one or two tablespoons of heavy cream and sprinkle with salt and pepper. Bake in a preheated 350° oven for ten to 15 minutes or until the eggs are done.

"In the past 15 years, I've had 5 husbands, 104 alimony checks and one refrigerator. A Frigidaire."

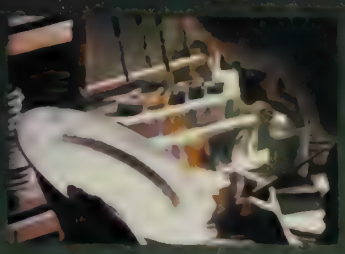


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How to stretch a small kitchen

What can you do if you have a skimpy 9x11 kitchen and all four members of your family love to cook? This family streamlined the space to make it accommodate all their needs. With everyone contributing ideas, the redo yielded a kitchen that works like a charm.



The underutilized back porch was put to work as the dining area of the kitchen. Relocating a back door gave the family an expanse of glass surrounding the dining table. To save building costs, Architect Dreyer kept the core of the kitchen the same size but added sleek new cabinetry, new appliances, new laminate counters, and better lighting.



Photographs: William N. Hopkins. Architects: Rudi-Lee-Dreyer & Associates. Field editor: Maxine Schweiker

The "hemmed-in" feeling of the old kitchen disappeared when a peninsula was introduced to separate dining and cooking areas. Now more than one cook can easily work at the sink and have plenty of counter space on either side. The dishwasher was right angled to the sink to keep the kitchen compact and allow traffic to pass on the far right side. There are two side-by-side cooking surfaces in the peninsula—a barbecue and conventional range.



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ADDING ON– One Step at a Time

If high costs rule out an across-the-board addition, consider taking it one step at a time. The owners of this house first added a family room, followed up with an informal dining room addition, then connected the two with a deck.

STEP I: The homeowners started their remodeling project by building this 14x16½-foot family room addition, left in the exterior shot and *top right.* To provide plenty of natural light, they made a skylight from a leftover sliding glass door and installed two large picture windows. The concrete foundation was covered with low-maintenance quarry tile.

STEP II: Building a new 11x14-foot eating area, *bottom right,* was the next undertaking. The owners removed the back wall of the existing kitchen and renovated the entire room. The old cabinets were replaced by custom-made units with brown edging. An additional 11 feet of counter space on the left-hand wall and a pantry closet at the counter's end on the right were added also, and the kitchen floor was covered with simulated quarry tile. Large windows frame a view of the backyard, and sliding glass doors lead to the new deck, *above.*

STEP III: The deck is built of pressure-treated 2x4s, chosen for their resistance to wear. In addition to tying the two additions together, the deck provides a spot for outdoor meals and entertaining. Later the homeowners plan to enclose the deck.



Photographs: Ross Chapple. Field editor: Eileen Deymier







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DECORATING

Crystal chandelier care

A crystal chandelier is a thing of beauty—unless its prismatic pendants are covered with grime and dirt. To keep your chandelier sparkling, just follow our basic cleaning suggestions.

General care

For routine care of most chandeliers, you can use nonabrasive, spray-on cleaners especially made for fine glass crystal. These cleaners are easy to use and readily available.

Before spraying on the cleaner, tighten any light bulbs so the liquid won't seep into the sockets. Spread newspapers on the floor below the chandelier to catch any excess liquid.

Spray all the crystal prisms with the cleaner, being sure to aim away from the ceiling and walls. Allow the chandelier to drip dry. Finally, wipe off any excess liquid on flat or cupped surfaces.

The best way to get some intricately made chandeliers really clean is to detach each crystal drop and then wash it separately.

When you disassemble the chandelier, be careful not to unscrew it from the ceiling. Rather than turning the chandelier itself, move your ladder around the fixture and remove the prisms for cleaning.

To wash the crystal prisms, use a warm water/mild detergent solution or spray them with a liquid window cleaner. Then rinse each crystal in clear warm water and polish with a soft cloth or paper towel.

To clean a highly ornamented chandelier without dismantling it, you can wipe each prism with a cloth dampened in ammonia water. Proceed gently so you don't twist or break the fragile wires that link the prisms.

Minor repairs

When you clean a chandelier, also check the wire pins or hooks that link the prisms to the light fixture base. If the wires are rusted or disintegrated, you can make new hooks of brass or silver wire. Or, you can buy hooks at glass repair shops or hardware stores.



Plate No. 1055



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Stretching space in a kid's room

Even if it's pint-sized, a bedroom can be decorated to accommodate all of a child's needs. Just use space-saving furniture pieces and built-ins like the ones shown here.

▶ This combination of ready-made storage components and custom-made built-ins provides stashing space for a youngster's many possessions. Wall-hung cabinets with movable front panels conceal books, sports equipment, and school supplies. Below, two drawer units and a cut-to-fit counter top create a space-stretching corner desk. A hanging lamp illuminates the work area.

Matching custom-made cabinets serve as a backrest for a studio bed and also store extra pillows and bed linens. To accommodate overnight guests, a trundle bed pulls out from beneath the twin-size mattress.



Photograph: Jessie Walker Associates.
Design: Jordan I. Rotheiser Design



Photograph: Ross Chapple
Design: Taylor/Siegmeister Associates

▲ In this youngster's room, two custom-made units do the jobs of several furniture pieces, thus freeing up valuable floor space. The two components, placed side by side, serve as a combination headboard, storage unit, and work surface.

To minimize clutter, one wall was turned into a floor-to-ceiling bulletin board by covering it with easy-to-apply cork squares. Ceiling-mounted track lights provide illumination. BH&G



Versatile "Colonial" candelabrum of hand-polished silverplate. Rearranges eight ways. 14½" high. $250* each. *Suggested retail price, subject to change without notice.
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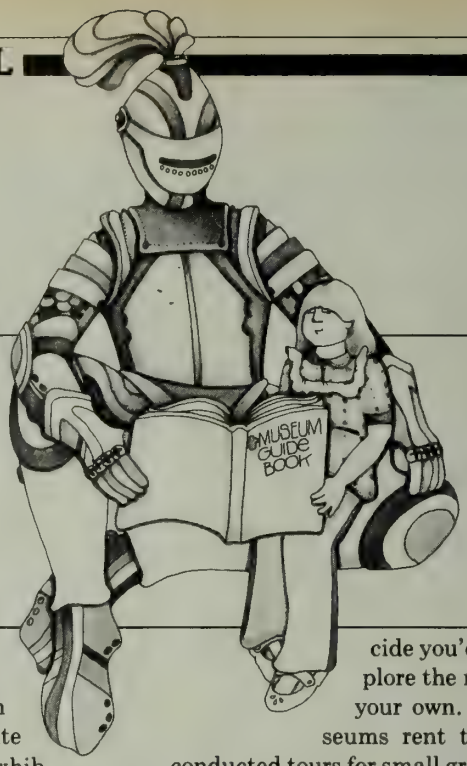
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Making the Most of Museum Visits



When you're traveling, don't miss the chance to visit some of the country's outstanding museums along the way. But be sure to plan ahead and set your priorities. Otherwise, you'll probably try to see everything on your first visit, and you may end up with little more than "museum legs" and blurred impressions. Here are some practical suggestions to help make museum going rewarding and fun for the entire family.

Before you go

To make the most of your visit, call the museum and ask a few questions beforehand. First, verify the museum's hours and ask which times are the least crowded and when rates are reduced. If you have senior citizens or students in your family, see if they're eligible for discounts (most museums offer them).

Also find out what traveling exhibits are scheduled (like the popular Treasures of King Tutankhamen), which exhibits may be closed for maintenance, and if any special programs or children's activities are coming up. (To learn about museums specifically for children or any specialized museums along your vacation route, inquire at your local museum or check *The Official Museum Directory* in the reference section of larger public and university libraries.)

Don't forget to ask about the museum's policy on cameras. Some museums prohibit picture taking because it can bother browsers. Others allow cameras without flashes (exposure to the light of a flash can cause paintings to fade). If you must leave your camera behind, you often can buy color slides in the museum gift shop.

After deciding on the best time to go, begin planning your trip. It's a good idea to read up on the museum in a guidebook or travel brochure. Also, ask your child's teacher which exhibits would relate to classroom studies.

You don't need to dress up (museums aren't as formal as they used to be). But be sure to wear comfortable, quiet shoes. Many museums have bare marble or wood floors that amplify the sound of footsteps.

Each family member also should wear a watch (in case you go separate ways to view different exhibits). You might carry a small note pad, too, to jot down any information that interests you.

When you get there

Admission fees vary widely. But fortunately, the country's most impressive museums can keep their fees minimal, thanks to the support of philanthropic funds and tax dollars.

Once past the admission gate, you'll probably be required to check your packages, except purses (in most cases, there's no checking charge). Usually the museum gift shop (if there is one), information desk, rest rooms, and elevators are near the entrance.

Ask at the information desk about where to find the outstanding exhibits. Then locate them on the display map of the museum (most large museums hand out maps you can take with you). Rest rooms and snack bars are pinpointed on the maps, too.

Seeing the sights

Take a few minutes to make a rough plan of which exhibits you want to see and in what order. For background information about the exhibits, buy a guidebook at the information desk or gift shop.

Also note starting times of special events and conducted tours. But before you take a tour, consider the ages of children with you, the length of the tour, and how much you already know about exhibit subjects. You may decide you'd rather explore the museum on your own. Some museums rent taped, self-conducted tours for small groups.

If you skip the guided tour because you have young children along, start with an exhibit youngsters are sure to enjoy. During your visit, Mom and Dad might take turns overseeing the kids, so each parent can have time to view exhibits alone.

Take some precautions in case you and your children get separated. Pin name and address tags on preschoolers. And point out uniformed museum security guards and tell the youngsters to ask the guards for help if needed.

Once an hour as you're browsing, sit down and relax (elevate your feet, if possible). A snack in the museum cafeteria and a look around the museum gift shop also make good breaks. You usually can find quality merchandise in museum gift shops (most shops will mail gifts, too). If you want in-depth information about a particular exhibit, ask the curator if you can use the museum library. Chances are it will be stocked with rare books, as well as records and tapes.

Joining a museum

If you live near a major museum, consider joining its group of friends or associates. Annual memberships, in most cases, start at about $10 or $15 per person ($20 to $25 for families).

A museum membership often entitles you to discounts on admissions, gift shop purchases, and workshops, plus social events, lessons, and special lectures open only to members.



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Focal point windows

A large bay or picture window can pose a big decorating problem or provide an opportunity to do something really dramatic—it all depends on your point of view. Here are two ways to make the most of that challenging expanse of glass.



Photograph: William N. Hopkins. Design: Sandra Aalbers
Field editor: Maxine Schweiker

▶ This beautifully dressed bay window adds impact to a simple seating arrangement. White draperies, banded with black and white trim, are hung from a ceiling-mounted track to frame the wide sweep of glass. The tiebacks are made of matching trim. Black-enameled shutters help regulate light and provide a striking contrast to the white draperies and walls.

A pair of black and white striped sofas placed perpendicular to the bay help to focus attention on the window. Illumination is provided by matching custom-made floor lamps with altar candle holders as bases.



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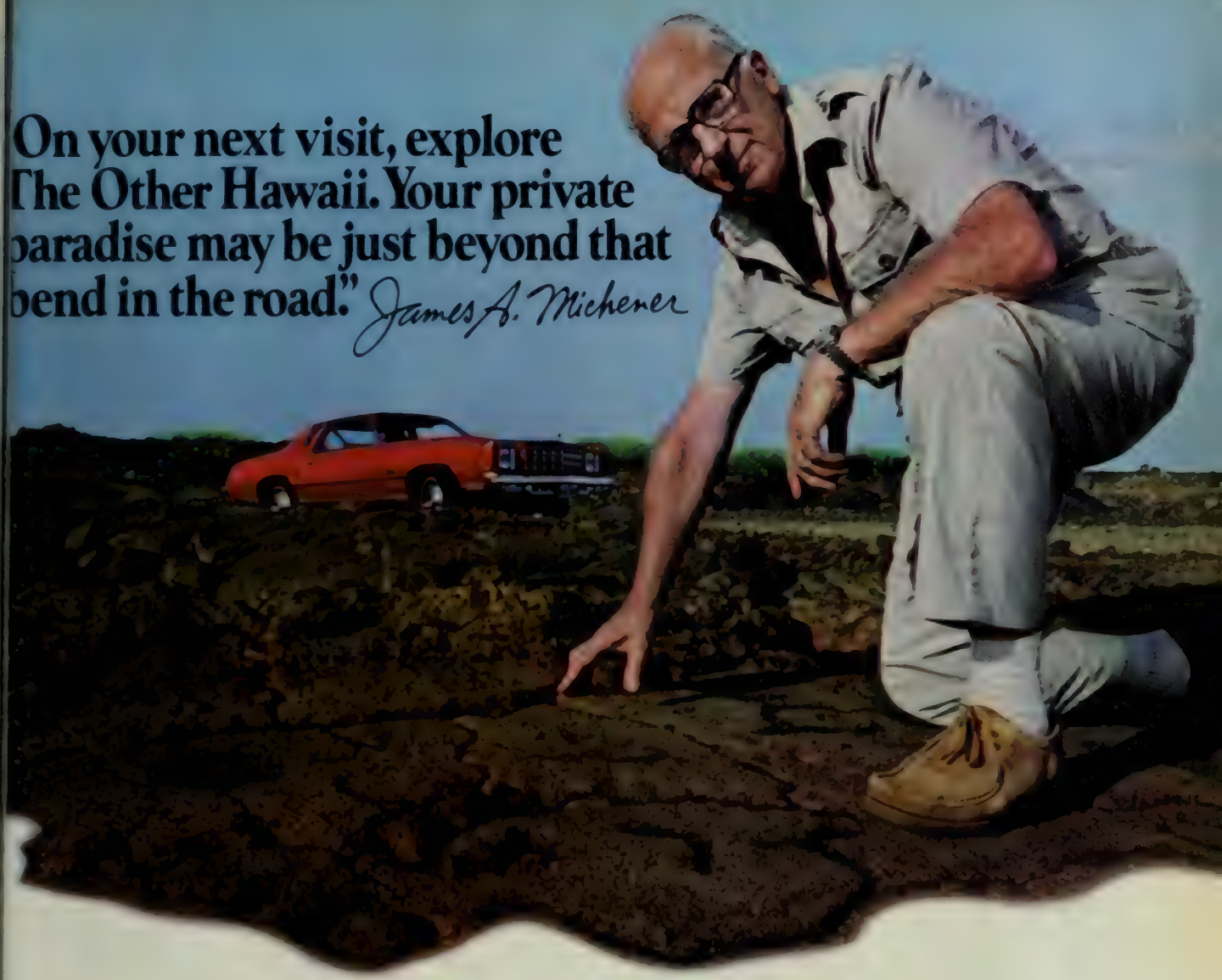


Photograph: Fred Lyon. Design: John Hallock
Field editor: Helen Heitkamp

▲ To make the most of a spectacular seaside view, an architectural frame was installed in front of this typical picture window. The frame, consisting of two 4x4 side posts and a routed-out 4x14 board overhead, adds depth to an otherwise flat wall surface.

Each of the three window sections is dressed with a handsome bamboo shade, trimmed with grosgrain ribbon in a contrasting color. The shades can be regulated individually to provide just the right amount of light. Their dark color helps reduce glare while pointing up the neutral-colored window frame.

On your next visit, explore The Other Hawaii. Your private paradise may be just beyond that bend in the road." James A. Michener

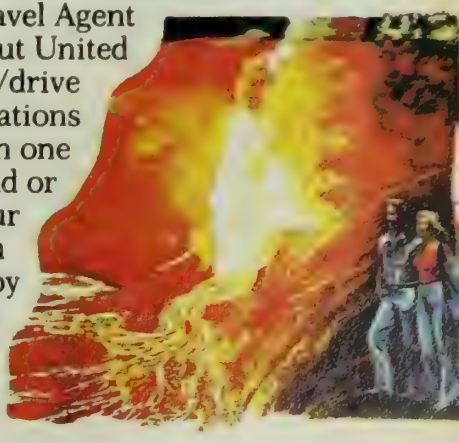


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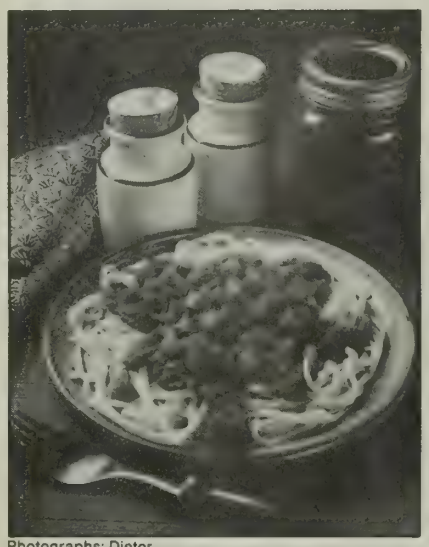


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Home-Canned Specialties

Here are three ways to turn surplus vegetables and fruits into something extra special. If you aren't a gardener, you can buy bargain-priced "raw materials" this time of year at grocery stores, local farmers markets, and roadside produce stands.







Photographs: Dieter

VEGETABLE-WINE SAUCE

As a safety measure, be sure to boil this tomato-based sauce, uncovered, 10 minutes before tasting or serving it—

- **8 pounds tomatoes, peeled and cut up (about 24 medium)**
- **1½ cups chopped onion**
- **1½ cups chopped carrot**
- **1 cup chopped green pepper**
- **1 cup snipped fresh parsley**
- **2 tablespoons snipped fresh basil *or* 2 teaspoons dried basil, crushed**
- **1 tablespoon snipped fresh oregano *or* 1 teaspoon dried oregano, crushed**
- **4 teaspoons salt**
- **2 teaspoons sugar**
- **4 cloves garlic, minced**
- **⅛ teaspoon ground red pepper**
- **½ medium eggplant, peeled and cubed (about 3 cups)**
- **1 cup dry red wine**

In large kettle or Dutch oven combine tomatoes, onion, carrot, green pepper, parsley, basil, oregano, salt, sugar, garlic, and red pepper. Bring to boiling; reduce heat. Boil gently, uncovered, for 1½ to 1¾ hours or till very thick, stirring occasionally. Add eggplant and wine to tomato mixture. Continue cooking for 10 to 15 minutes longer or till sauce is of desired consistency; stir occasionally.

Ladle the sauce into hot, clean pint jars, leaving ½-inch headspace. Wipe jar rims; adjust lids. Process in pressure canner at 10 pounds pressure for 40 minutes. *Before serving, in saucepan bring the sauce to boiling; boil, uncovered, for 10 minutes, stirring occasionally (do not taste until boiling time is over).* Serve over hot cooked pasta. Makes 5 pints.

PICKLED PAPAYA

- **3 cups sugar**
- **1½ cups water**
- **1½ cups vinegar**
- **8 inches stick cinnamon, broken**
- **1 teaspoon whole cloves**
- **6 firm medium papayas, peeled, seeded, and cut in 1-inch cubes *or* 5 pounds peaches, peeled, pitted, and sliced (about 10 cups)**

In large kettle or Dutch oven combine sugar, water, vinegar, cinnamon, and cloves. Bring to boiling; add papaya cubes. Return mixture to boiling, stirring gently once or twice.

Spoon papaya cubes into hot, clean pint jars, leaving ½-inch headspace. Return syrup to boiling. Add enough boiling syrup to each jar to cover the papaya cubes, leaving ½-inch headspace. Wipe jar rims; adjust lids. Process in boiling water bath for 20 minutes (start timing when water returns to boiling). Makes 6 pints.

CURRIED CAULIFLOWER RELISH

- **2 cups sugar**
- **2 cups vinegar**
- **2 tablespoons curry powder**
- **1 tablespoon pickling salt**
- **2 large heads cauliflower, broken into flowerets (about 13 cups)**
- **3 medium red *or* green peppers, seeded and cut in ½-inch pieces (about 3½ cups)**
- **1 medium onion, chopped (1 cup)**

In large kettle or Dutch oven combine sugar, vinegar, curry powder, and pickling salt. Cook and stir over medium heat till boiling. Add cauliflower, pepper pieces, and chopped onion. Continue cooking, stirring occasionally, about 5 minutes longer.

Ladle cauliflower mixture into hot, clean pint jars, leaving ½-inch headspace. Wipe jar rims; adjust the lids. Process in boiling water bath for 10 minutes (start timing when water returns to boiling). Makes 4 pints.



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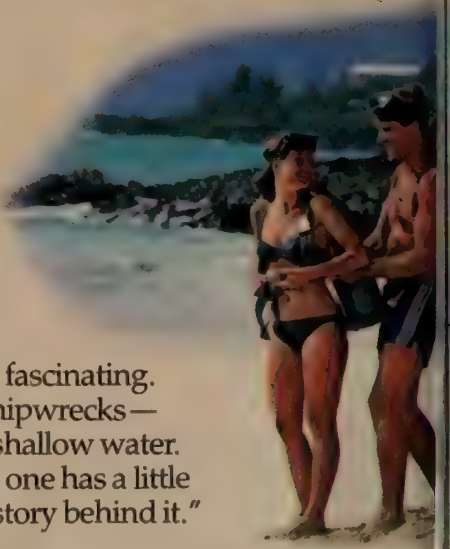


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50 QUICK & EASY BAZAAR BEST SELLERS

By Nancy Lindemeyer and Ann Levine

Stitch and craft your way to a terrific bazaar with these 50 handmade treasures. All of them are fast and fun to make—and they're bargains, too, because they're made with inexpensive materials. But what will turn browsers into buyers is the imaginative design of each project. Take a look and you'll see what we mean!

Photographs: Thomas E. Hooper

Design credits, page 44.

Buying guide, page 44.

How-to for all projects begins on page 150.



The spirited "bandanna babies" shown here will be star performers at your bazaar. Make each doll in nothing flat, using two bandannas and other everyday makings. **How-to begins on page 150.**

BAZAAR

A COLLECTION OF CHRISTMAS IDEAS



2. Jiffy braided wreath
3. Veneer tree dazzlers
4. Jack-in-the-boxes
5. Tatted note cards
6. Holiday hand towels
7. Lace doily hang-ups
8. Cross-stitch greetings
9. Sociable Santa tins

HEART-FELT BAZAAR PROJECTS



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12. Red-hot paperweights
13. Plump felt pincushion
14. Printed scarves
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16. "Hand" bag
17. Cross-stitch hankies
18. Cheery hot mitts

BAZAAR

PROJECTS FOR KIDS OF ALL AGES



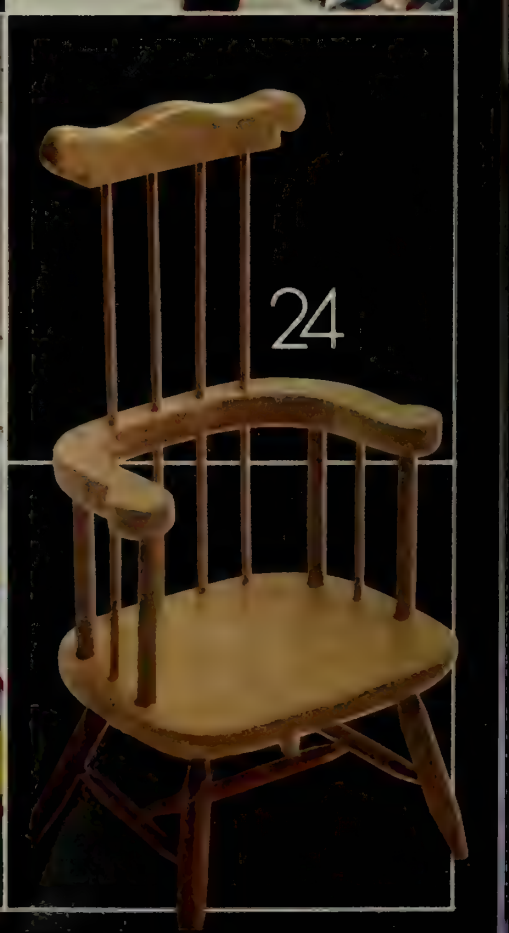
19a, b, c. Pillow menagerie
20. Tea towel pinafore
21. Crayon caddy apron
22. Stand-up wooden puzzle
23. See-through notebook
24. Doll-size chair

















25. Super-soft bunting and blanket
26. Sassy crocheted hat
27. Nursery wall hanging
28. Cowboy shirt pillows
29. Wooden horses on wheels
30. Sock bunnies
31. Stitch-and-stuff sock dolls







BAZAAR

PERSONAL TREASURES AND

32. Needlepoint door signs
33. Soft sculpture pincushions
34. Coiled flowerpots
35. Picture-this pins
36. Easy macrame watchband
37. Flower-brimmed straw hat
38. Nosegay pillows
39. Country-style key rack
40. Table trivets
41. Flatware caddies



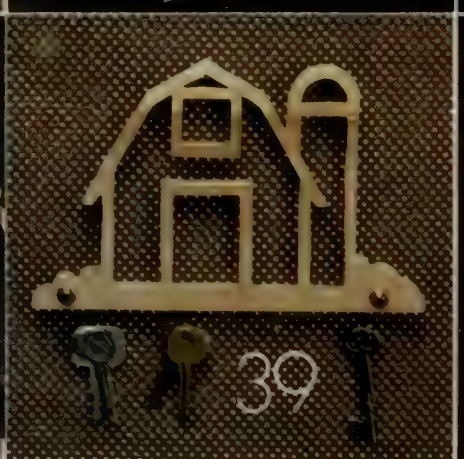
















ACCESSORIES







42. Cross-stitch-on-paper boxes
43. Colorful crocheted cap
44. Lively wooden napkin rings
45. Quilt-pattern puzzle
46. Keepsake album
47. Cottage tea cozy
48. Easy-does-it dog leash
49. Piece-of-cake pincushions
50. Doily-design place mats and napkins











Enjoy The Beauty Of
FALL BERRIED SHRUBS

By Douglas A. Jimerson



Photographs: William N. Hopkins, Peter Krumhardt, Guy Burgess

Barberry. Most barberries produce small yellow flowers in early spring followed by dark red or dark blue berries in the fall. All species have thorny twigs and make excellent barrier hedges. Barberries grow in either full sun or partial shade and tolerate poor soil conditions. They are easily pruned and can be trained into formal shapes. Both evergreen and deciduous species of barberries are available. Popular evergreen varieties include: Darwin's, Mentor, and Chenault. Two good deciduous varieties are Japanese and Korean.

Cotoneaster. Cotoneasters come in all sizes. Use low-growing varieties along rock walls or as ground covers. Taller forms, which may grow to eight feet tall if left unpruned, make good specimen or hedge plants. All cotoneasters produce small white or pink flowers in the spring and large, shiny red or black berries in the fall.

Cotoneasters grow in either full sun or partial shade, but they will not prosper in wet soil. Many cotoneasters are not cold hardy and should not be planted where winter temperatures drop below zero. Choice deciduous varieties include: Creeping, Diel's, Many-Flowered, Spreading, and Sungari. Evergreen varieties include Rock Spray and Small-Leaved.

Dogwood. The shrub dogwoods are ideal for informal hedges and as

Fall needn't spell finis to garden color if you include some decorative berried shrubs when you're planning your landscape. Plants like barberry, cotoneaster, viburnum, pyracantha, euonymus, holly, honeysuckle, and dogwood not only produce eye-catching foliage in spring and summer; they follow up in the fall with bright berries that often remain all winter.

Plant your berried shrubs now or in the early spring. Some berry-producing shrubs that are hardy in most climates are described below.







specimen plants. In the spring, loose clusters of white flowers almost cover the plants. Then, in late summer, the shrubs produce quantities of white or red berries that are relished by birds. In the fall, the dogwood leaves turn deep scarlet before dropping, and the plant stems remain red or yellow all winter. Dogwoods thrive in full sun or partial shade and may grow to ten feet tall. Good varieties include: Siberian, Cornelian Cherry, and Red-Osier.

Euonymus. In the fall, few plants are as showy as the deciduous shrub euonymus. Late in the year, the plants produce quantities of pinkish red seed capsules that open to reveal orange berries inside. Then, as cold weather approaches, the foliage of each euonymus plant turns a vivid crimson before dropping. Both the seed capsules and the berries remain on the plant after the foliage disappears. Euonymus is an extremely hardy shrub and will grow to ten feet tall. It requires little pruning and makes excellent hedges and screens. Good varieties include: Winged Spindle Tree, Strawberry Bush, and Dwarf Spindle Tree.

Holly. Hollies are relatively slow growing, but once established will last a lifetime. They like a slightly acid soil and protection from drying winter winds, and they grow in full sun or

continued on page 166.

STEPPED-UP DECORATING

By Laurel Lund

If small living quarters are cramping more than your style, maybe it's time to change your perspective. Instead of thinking in terms of floor space, think vertical space. Just as architects build *up* instead of out when land is limited, you can make vertical space work beautifully inside your home.

How? Use space-stretching tools like stadium-style seating, stackable storage systems, and stepped-up platform floors. Follow along and we'll show you how to parlay them into maxi-living when there's absolutely no way to go but up.

WITH PLATFORM FURNITURE

To increase the seating capacity in this sophisticated living area, *right,* the occupants supplemented a conventional conversation grouping with built-in platform seating. The tiered platforms can comfortably seat a dozen or more guests—twice as many as a space-consuming sofa and chairs.

For put-up-your-feet comfort and design continuity, the multilevel seating system was covered with the same carpet used on the floor. The handsome striped floor covering was installed diagonally on alternating tiers to add visual interest to the room.

A built-in platform bed and climb-the-wall storage units combine to maximize space in the boy's bedroom *below.* The "twin bed" is actually a carpet-covered plywood platform topped with a four-inch-thick foam mattress. A carpet-wrapped cube doubles as a nightstand/headboard.

Vertical storage systems help free up floor space. The storage unit and matching desk opposite the bed provide stashing space, and a slim storage unit is mounted on the slice of space beneath the windows.

Buying information, page 44.



Design Keith Gasser, Jesse Benesch & Associates Field editor Eileen A. Deymier



Photograph William N. Hopkins. Design Deanna C. Phillips, Phillip J. Nelson. Field editor: Pat Carpenter



WITH STACKABLE FURNISHINGS

When space is at a premium, multilevel furnishings offer the-ceiling's-the-limit decorating possibilities. Modular seating systems can be snapped together and stacked building-block fashion to create compact conversation groupings. And case goods—such as climb-the-wall storage or self-contained bedroom groupings—combine several furniture functions into one unit that occupies more vertical than horizontal space.

In this contemporary living area, *right,* stadium-style seating provides a total living room package. The no-nonsense modular furniture consists of varisized polyurethane foam cushions and bolsters, boxy stair-step bases, and sturdy back supports. Each piece is wrapped in a durable quilted cotton duck slipcover that unsnaps for easy cleaning.

The lightweight modular components can be arranged in a variety of configurations to suit your needs and your living space. You can compose a conventional corner grouping, create a wall-supported seating system as shown here, or attach back supports and fashion an island of modulars.

To redecorate the room, simply restack the cushions and rearrange the modulars for a fresh new look.

This multilevel, multipurpose bedroom unit, *below,* fills a variety of children's needs and leaves plenty of space to spare. Why? Because, here again, the unit capitalizes on vertical rather than horizontal space.

In just a small area of this tot-to-teen bedroom, the bedroom "suite" serves several functions beautifully. A caster-based bed moves about to free up floor space for playtime activity, and a matching upper bunk houses overnight guests. The ladder to the upper berth sports pegs on either side to corral coats and clothing; the larger boxlike support opposite provides shelving for sports equipment, toys, and collectibles. A flip-down desk top offers ample work surface for homework and hobbies, while deep drawers below store school supplies and stackable clothing.

Buying information, page 44



Photographs: William N. Hopkins Design: Morley B. Smith



Design: Morley B. Smith Architect: Douglas A. Frey, AIA



WITH MULTILEVEL FLOORS

When the interior of this urban brownstone was gutted, walls that once separated lots of small rooms were eliminated. To divide and define activity areas without losing a sense of open space, the homeowners opted for tiered floor levels and furnishings with a built-in look.

Three floor levels separate the living area, dining spot, and entryway. Each platform is covered with neutral-tone industrial-grade carpet installed on the bias to help unify the space.

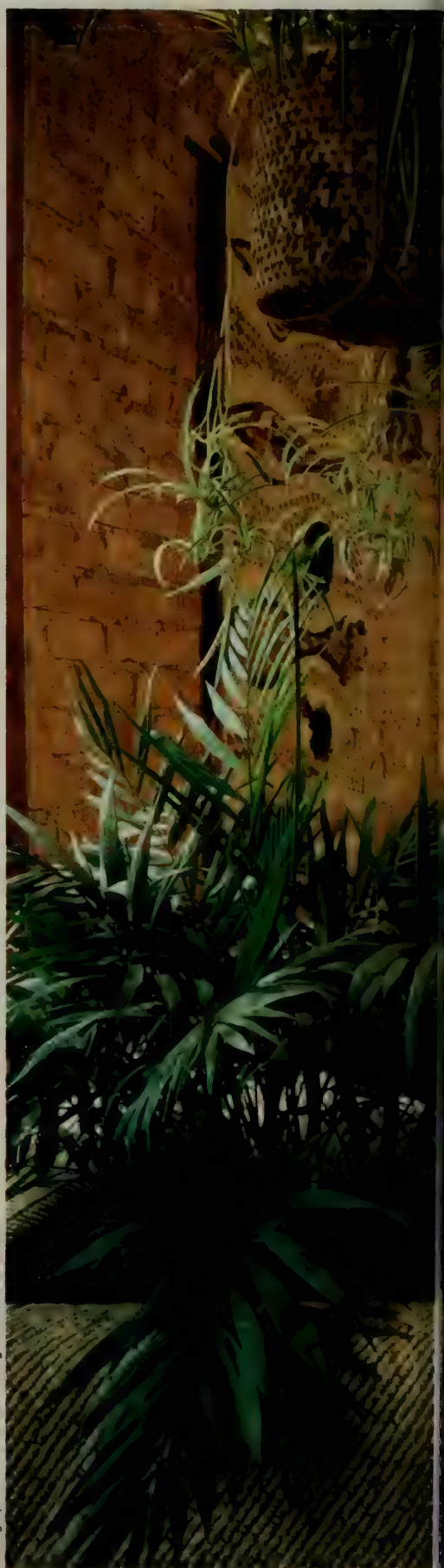
Custom-built furnishings also help divide activity areas. Seating is supplied by carpet-covered modules, and stereo speakers and planters are built into carpet-wrapped cubes. Heat- and cold-resistant tabletops provide practical surfaces for snacks and beverages. Although the tables and seating units look built in, each piece is self-contained. That's a decided advantage because the units can be moved to fit the family's needs.

The floors and furnishings are not the only space-defining features in this contemporary living space. A multicolored mini-slat blind separates the step-down kitchen from the platformed dining room. The shade can be raised at a touch to reveal a kitchen buffet/bar, or lowered to serve as a focal-point "wall."

Buying information, page 44.







Photographs: Jessie Walker. Design: Jordan I. Rotheiser



NUTRITIOUS MEALS
for on-the-go families

By Joanne Johnson

Do you worry about whether your family is getting a well-balanced diet? If so, you're not alone. Many of our readers tell us they are concerned about what they eat.

To help you cope with your day-to-day eating problems, we decided to bring you some "success stories." We located two real-life families who are doing a great job of balancing their meals, and we persuaded them to share their winning strategies with you. Each family was asked to keep a detailed two-week diary of everything they ate, right down to the last dab of butter (or margarine). We spent two days observing each family in action, then evaluated their diets.

On the following pages you'll find these families' sensible solutions to everyday eating problems, as well as their favorite recipes. We've added a few ideas of our own, too.

To help you tailor these ideas and recipes to your family's life-style, we've also outlined a simple system for balancing meals, the Basic Five Food Plan. But first, let's visit the Stoebners . . .



The Stoebners of Minneapolis, Minnesota—balanced-diet pros

Like most families today, the Stoebners are very busy. In addition to coordinating household activities, Sharon Stoebner operates an interior decorating business part time. Her husband, Jim, is the director of a mental health center. Their three children, Jeff (aged 12), Heather (nine), and Nathan (seven) are all involved in a multitude of activities—swimming, gymnastics, ice skating, piano, and choir, to name just a few.

Despite their busy schedules, the Stoebners give balanced meals high priority. "I try to balance the basics by including high-quality protein, breads, cereals, fruits, vegetables, and dairy products in my family's daily meals," says Sharon. And that's just the beginning. Sharon keeps close tabs on the amounts of sugar, salt, and fat her family consumes, too. Here's how she does it:

To help steer the family away from sugary foods and beverages, Sharon keeps naturally sweet fruit and fruit juices on hand. But she's not inflexible about sugar. "I bake desserts, but when I do, I usually see to it that they're wholesome. And I always try to reduce the sugar called for in recipes," says Sharon.

To keep dietary fat under control, Sharon uses a variety of tactics. Chicken, a low-fat protein source, is a favorite main dish in the Stoebner household. When meat is to be served, Sharon uses only lean cuts. And sometimes her main dishes are meatless—eggs and/or cheese provide the protein. In addition, Sharon serves skim rather than whole milk and uses margarine instead of butter (in small amounts only).

Sharon has tried to keep her family's salt intake low. She has proved to them that extra salt at the table is not necessary, and she uses salt sparingly when she cooks.

Recipes begin on page 121. Buying information, page 44.



Photographs: Hedrich/Blessing Source: Patricia Carpenter

Right: **Salads liven up Stoebner meals: *Chinese Coleslaw (front), Broccoli Ring (back left),* and *Confetti Corn Salad (back right).***

Far right: **Cheese and eggs provide the protein in creamy *Asparagus Quiche (front),* served with *Orange-Almond Salad (center left)* and *Bran Muffins (back).***



NUTRITIOUS MEALS

"For a healthful diet, you need a variety of foods, so I try to introduce my family to new foods often," says Sharon Stoebner.

The daily schedule

The Stoebners usually follow a three-meal-a-day routine, and they eat most of their meals at home. Here's what else their diary told us.

Weekday breakfasts follow a fairly simple formula—fruit or fruit juice, milk, and cereal (the Stoebners add sugar in small amounts). Weekend breakfasts get special attention from Jim or Jeff. Jim makes a "fantastic omelet," while Jeff specializes in several kinds of pancakes.

At lunchtime, everyone goes his separate way. Jim usually eats out—often choosing a light entrée, a vegetable, and milk. But on hectic days, Jim may miss lunch.

Sharon eats wherever she happens to be—at home or on the job. Her lunches vary—sometimes she has soup, sometimes a sandwich, and occasionally just a tossed salad, plus milk and fruit.

The children carry their lunches to school most days. Brown bag fare includes a sandwich on whole grain bread, fruit, cut-up vegetables, a homemade sweet, plus milk bought at school. Sometimes Sharon slips in a few potato chips as a special treat.

Dinner in the Stoebner household is usually made from scratch. Most often main dishes are accompanied by favorite vegetable side dishes. Milk is always served. And occasionally, there's a wholesome dessert.

Sharon encourages nutritious snacking—fruits, vegetables, sunflower seed, cheese, for example—but she puts her foot down when nibbling might interfere with regular meals. Once in a while the snack is accompanied by a soft drink, but it's the exception rather than the rule, and there's a one-glass limit.

Sharon's planning tactic: Be prepared

When Sharon plans meals, it's usually for two-week cycles. Even though advance planning is time-consuming, she considers it essential to carrying out her good-eating, good-health philosophy.

When she plans dinners, Sharon first decides on a protein main dish, then adds a compatible vegetable, a starch such as rice, pasta, or bread, and often fruit. She automatically includes milk. (You'll find more details on meal planning in the Basic Five Food Plan on page 118.)

As part of the planning process, Sharon must coordinate meals with her work schedule. When she anticipates a hectic day, she'll prepare a soup or casserole ahead and stow it in the refrigerator or freezer. She keeps frozen pizza stocked for emergencies and can count on Jim to help when she's busy.

Our suggestions

When we compared the Stoebners' eating habits with the Basic Five Food Plan, we found little lacking.

But we did discover that on those days when Sharon ate only a tossed salad for lunch, she was not getting the requisite two servings a day from the Meats, Poultry, Fish, and Beans Group. We would suggest that she include an additional food from that group sometime during the day.

For Jim, we would recommend lunch every day, regardless of his schedule. It's difficult to get the suggested number of servings from the Basic Five when you miss a meal. When there's no time for a sit-down lunch, Jim could eat a nutritious snack in a spare moment.

Recipes begin on page 121.
Buying information, page 44.





Top: **Often-served entrées include hearty *Zucchini and Burger Italiano (front)*, creamy *Cheese 'n Vegetable Chowder (back left)*, and crisp *Layered Ham and Spinach Salad (back right).***

Bottom: **Jeff frequently shares breakfast detail with his father. The cakelike *Whole Wheat-Oatmeal Hot Cakes* attest to Jeff's culinary know-how.**

Right: **Favorite Stoebner munchies include *Spiced Apple Cookies (front)*, *Zucchini Nut Loaf (center)*, and *Cheese 'n Date Dip (back).***



NUTRITIOUS MEALS

The Gruskins of Port Washington, New York—a family with an appetite for good, healthful foods



Like the Stoebners, the Gruskins of Port Washington, New York, are usually on the go. Joanne Gruskin designs products part time for her husband, Fred, who manufactures soft goods. The Gruskins have three children: Scott (aged 13), Elisabeth (11), and Stephanie (eight). The family members fit jogging, tennis, soccer, and gymnastics into their tight schedules. "We believe in exercise—it goes hand in hand with eating right," says Joanne.

How does Joanne feed her active family? She plans varied meat-stretching menus that fit into their diverse daily schedules. She told us that fruits, vegetables, and whole grains play an important role in her meal planning because of the vitamins, minerals, and fiber they provide.

Whole grain breads and desserts are Joanne's specialties. "I make everything from pizza crusts to oatmeal cookies with whole wheat flour," says Joanne.

To control the fat in her family's diet, Joanne has cut down the amount of meat she serves. Many of the family's favorite main dishes are ethnic ones in which a small amount of meat is extended with beans or another alternate protein source. Joanne grinds her own meat and makes her own sausage, so she can control the fat content. Sometimes she substitutes ground turkey for ground beef because the turkey is lower in fat and calories. The Gruskins all drink low-fat rather than whole milk. (Joanne calls that a necessary compromise, "because the kids won't drink skim milk.")

When cooking, Joanne relies on a variety of herbs and spices, lemon, garlic, and pepper. As a result, she gets by with less salt.

Recipes begin on page 121.
Buying information, page 44



Right: **The Gruskins' dinners often feature nutritious ethnic main dishes such as North African *Couscous (front)*, Italian *Sausage and Peppers (center left)*, Greek *Moussaka (center right)*, and Mexican *Tamale Pie (back center)*. Crusty *Italian Bread (back left)* made from *Whole Wheat Bread Dough* goes great with any of these delicious main dishes.**

Far right: **This Italian-style menu includes *Linguine with White Clam Sauce (front), Orange and Carrot Salad (back right)*, and *Breadsticks (back left)*.**

Photographs: Helms; Dieter; Source: Bonnie Maharam



NUTRITIOUS MEALS

"I make a real effort to prepare appetizing meals," says Joanne Gruskin. "No matter how nutritious the food is, if it doesn't look good, my family won't eat it."

Daily meals

Balanced diets are a real challenge for the Gruskins because they eat more than one-third of their meals away from home. Here's how the family manages:

On weekday mornings, the children breakfast on fruit, cereal, and low-fat milk. Fred and Joanne don't do quite as well: he has coffee and rolls at the office, and she has just a cup of coffee.

At lunchtime, the Gruskins go their separate ways. The children always buy hot lunches on school days. Fred buys his lunch at the office—usually a sandwich. Joanne has a quick salad or sandwich whether she's at home or out on the job.

The Gruskins eat dinner together. Since their daytime meals are so diverse, Joanne considers a well-rounded evening meal a must, and she always serves a variety of tasty and nutritious foods.

On weekends, the Gruskins often have just two meals per day—brunch and dinner, sometimes with a snack in between. At least one dinner is reserved for entertaining or dining out. The Gruskins often choose an Oriental restaurant for dinners out.

Nutritious snacks round out daily meals. Joanne told us that her children will "eat anything that's not tied down," so she always tries to keep wholesome snack foods handy. "When the kids come racing through the door after school, they'll usually grab some kind of fruit," says Joanne, but she also stocks up on popcorn, cheese, and vegetables.

Joanne's planning ploy: Keep it simple

Joanne's meal planning is minimal. She shops daily and formulates evening meals as she goes, including a protein main dish, a bread or a cereal, a vegetable and/or a salad, and sometimes a dessert. (For more details on meal planning strategies, see the Basic Five Food Plan on page **118**.)

On a working day, Joanne either serves something she prepared the day before or fixes something that's fast and easy. She stocks ingredients for favorite recipes like Linguine with White Clam Sauce for just such last-minute meals.

Our evaluation

The Gruskins are doing a great job of balancing their diets. When we checked what they ate with the Basic Five Food Plan, we could only offer these suggestions:

First, Joanne should start her day with something more substantial than a cup of coffee. Likewise, we would suggest that Fred up the nutritional quality of his breakfast. A morning meal of cereal, milk, and fruit could get them both off to a better start.

We would also caution Joanne to include two servings from the Meats, Poultry, Fish, and Beans Group of the Basic Five each day. As was the case with Sharon Stoebner, Joanne was short a serving from this group on days when she lunched on a salad.

Finally, we would suggest that Joanne and Fred both keep tabs on their intake of milk and cheese; on a few days, they came up short. Adults need almost as much milk as kids do—at a rate of two servings a day.

Recipes begin on page 121.
Buying information, page 44





Top: **Mini-loaves of *Long Island Potato Bread (back)* and *Date-Nut Pumpernickel Bread (center)* complement Joanne's tempting *Spinach Salad (front).***

Bottom: **When it comes to kneading, you can't have too many hands. Scott, Stephanie, and Elisabeth help Joanne prepare *Pretzels* from *Whole Wheat Bread Dough.***

Far right: **When Joanne bakes, she likes to substitute whole wheat flour for all-purpose flour. And she'll try it with almost anything. Three of her best creations are moist *Tropical Dream Cake (center)*, good and chewy *Whole Wheat Oatmeal Cookies (front right)*, and *Pretzels (back right)* made from *Whole Wheat Bread Dough.***

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continued

Nutritious meals

How do you know if the members of your family are eating a balanced diet? And how can you be sure they are getting all the nutrients they need? We think you'll find the answers in the Basic Five Food Plan on page 118. It divides everyday foods into five categories, each containing foods of similar nutritional value, and suggests the number of daily servings you need from each category to stay healthy.

Proven reliable

The Basic Five Plan is nutritionally sound—it's been around, in one form or another, for years. Just like its predecessors, the Basic Four and the Basic Seven, the Basic Five Food Plan is based on the most up-to-date Recommended Dietary Allowances (the amounts of the known nutrients that are believed necessary to meet the nutritional needs of healthy people). By eating the suggested number of servings from the first four groups—Vegetables and Fruits, Breads and Cereals, Milk and Cheeses, and Meats, Poultry, Fish, and Beans—you and your family will be getting almost all the protein, vitamins, and minerals you need.

Fats, sweets, and alcohol—the optional extras

Extra calories, if needed, can come from additional servings of any of the foods from the first four groups or from foods from the fifth group—the Fats, Sweets, and Alcohol.

Unlike the foods in the first four groups, the foods in the fifth group are dangerously high in calories and low in essential nutrients. Nutritionists believe that you can eat a well-balanced diet without ever touching anything from the fifth group. That's why they do not recommend a specific number of daily servings. What they do recommend is caution.

Suit-yourself options

You'll be best off nutritionally if you include a wide assortment of foods from each group in your family's meals. There are plenty of choices—if you (or a member of your family) don't like milk, for example, you don't have to drink it. You can satisfy the milk requirement with cottage cheese or yogurt. And if you don't like brussels sprouts, you can eat green beans or broccoli instead.

That's because the foods within each group are equivalent in almost everything—except calories. And in that respect the foods range from low to high, allowing you to choose the ones that best meet your caloric needs.

Planning strategies

When you plan your family's meals, try to consider all the foods they'll eat over the entire day. Start with the Meats, Poultry, Fish, and Beans Group. If you check the chart on page 118, you'll find that two servings are suggested daily. You can include one serving from this group at each of two meals, or, you can spread the suggested two servings out over three meals. An egg at breakfast (one-half serving), two tablespoons of peanut butter at lunch (one-half serving), and a three-ounce serving of fish (one serving) would take care of the quota.

Next, round out meals with foods from the Breads and Cereals Group and the Vegetables and Fruits Group, including the appropriate number of servings for each. Then, add the suggested number of servings from the Milk and Cheeses Group.

Although the foods from the Fats, Sweets, and Alcohol Group aren't necessary for a balanced diet, they can be included in moderate quantities. A little butter on vegetables or syrup on pancakes makes these wholesome foods more appealing.

Winning combos to consider

"Combination" foods, dishes that span several food groups, can make meal planning easier. A beef taco is a good example. It contains beef from the Meats, Poultry, Fish, and Beans Group, cheese from the Milk and Cheeses Group, shredded lettuce from the Vegetables and Fruits Group, and a taco shell from the Breads and Cereals Group. The number of servings you'll get from each food group depends on how many tacos you eat and how large each one is. If you haven't prepared the tacos yourself, try to estimate as best you can.

SHARON STOEBNER'S RECIPES

CHINESE COLESLAW

This is an extra-light slaw that's made with Chinese cabbage and a tangy ginger-flavored dressing—

4 cups shredded Chinese cabbage
1 cup snipped fresh parsley
1 8-ounce can crushed pineapple, drained (juice pack)
1 8-ounce can water chestnuts, drained and sliced
¼ cup chopped onion
¼ cup coleslaw salad dressing
1 teaspoon grated fresh gingerroot *or* ½ teaspoon ground ginger

In large bowl combine cabbage, parsley, drained pineapple, water chestnuts, and onion. Cover and chill thoroughly. In small bowl combine coleslaw dressing and ginger. Cover and chill thoroughly. Just before serving, pour dressing over the cabbage mixture and toss to coat. Makes 10 to 12 servings.

BROCCOLI RING

1 pound fresh broccoli *or* two 10-ounce packages frozen chopped broccoli
1 envelope unflavored gelatin
1 14½-ounce can beef broth
¾ cup mayonnaise *or* salad dressing
4 teaspoons Worcestershire sauce
1 teaspoon lemon juice
½ teaspoon salt
4 hard-cooked eggs, chopped
Leaf lettuce

Wash fresh broccoli; remove the outer leaves and tough parts of stalks. Chop broccoli. In saucepan cook chopped fresh broccoli, uncovered, in a small amount of boiling salted water for 8 to 10 minutes or till just tender. (Or cook frozen broccoli according to package directions.) Drain.

In medium saucepan soften the gelatin in the broth. Stir over low heat till gelatin is dissolved. Remove from heat. Stir in the mayonnaise or salad dressing, Worcestershire sauce, lemon juice, and salt. Fold in drained broccoli and chopped eggs. Pour into a 5½-cup ring mold. Cover and chill several hours or overnight or till firm. To serve, unmold onto a lettuce-lined plate. If desired, fill center of ring with additional lettuce, whole or halved cherry tomatoes, and broccoli buds. Makes 10 servings.

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continued

Nutritious meals

CONFETTI CORN SALAD

8 ears fresh corn *or* one 16-ounce package frozen whole kernel corn
½ cup chopped green pepper
2 tablespoons chopped red onion
1 tablespoon snipped parsley
⅓ cup mayonnaise *or* salad dressing
2 tablespoons dairy sour cream
½ teaspoon instant beef bouillon granules
1 tablespoon red wine vinegar
¼ teaspoon salt
Dash pepper
4 slices bacon
Bibb lettuce leaves (optional)

If using fresh corn, with sharp knife cut corn from cob. Measure 3 cups. In saucepan cook kernels, covered, in small amount of boiling salted water for 6 to 8 minutes or till just tender. (Or cook the frozen corn according to package directions.) Drain; cool.

In large bowl combine cooled corn, green pepper, onion, and parsley. In small bowl combine mayonnaise or salad dressing and sour cream. Dissolve the beef bouillon granules in red wine vinegar; stir into the mayonnaise mixture along with salt and pepper. Toss gently with corn mixture to coat. Cover and chill thoroughly. Just before serving, cook bacon till crisp; drain and crumble. Add bacon to corn mixture and toss. If desired, serve individual portions atop lettuce. Makes 6 servings.

ASPARAGUS QUICHE

Pastry for a one-crust 9-inch pie
¾ pound fresh asparagus *or* one 8-ounce package frozen cut asparagus
3 beaten eggs
1½ cups light cream *or* milk
¾ teaspoon salt
Dash nutmeg
1½ cups shredded Swiss cheese

On lightly floured surface roll out pastry to a 12-inch circle. Line a 9-inch pie plate or quiche dish with the pastry. Trim to ½ inch beyond edge. Flute edge; *do not prick pastry*. Line shell with foil and fill it with dry beans. Bake in 450° oven for 5 minutes. Remove from oven; remove foil and beans.

Reduce oven temperature to 325°.

If using fresh asparagus, wash and scrape off scales. Break off the woody stems. Cut asparagus into 1½-inch pieces. In saucepan cook asparagus pieces, uncovered, in a small amount of boiling salted water for 8 to 10 minutes or till just tender. (Or cook frozen cut asparagus according to package directions.) Drain well.

In medium bowl combine eggs, cream or milk, salt, and nutmeg. Stir in cooked asparagus pieces. Sprinkle cheese in prebaked pastry shell. Pour egg mixture over. Bake for 35 to 40 minutes or till knife inserted off-center comes out clean. Let stand 10 minutes before serving. Makes 6 servings.

ORANGE-ALMOND SALAD

- ¼ cup salad oil
- 2 tablespoons sugar
- 2 tablespoons malt vinegar
- ¼ teaspoon salt
- ⅛ teaspoon almond extract
- 6 cups torn mixed greens
- 3 medium oranges, peeled, sliced crosswise, and halved
- 1 cup thinly sliced celery
- 2 tablespoons sliced green onion
- ⅓ cup toasted slivered almonds

In screw-top jar combine oil, sugar, vinegar, salt, and almond extract. Cover and shake well to dissolve sugar and salt. Chill.

At serving time, in large salad bowl combine greens, oranges, celery, and onion. Sprinkle with almonds. Pour dressing over and toss gently to coat. Serve at once. Makes 6 to 8 servings.

BRAN MUFFINS

- ½ of a 15-ounce box (4 cups) bran cereal with raisins
- 2½ cups all-purpose flour
- 1 cup sugar
- ½ cup chopped walnuts
- 2½ teaspoons baking soda
- 1 teaspoon salt
- 2 beaten eggs
- 2 cups buttermilk
- ½ cup cooking oil

In large bowl stir together bran cereal with raisins, flour, sugar, nuts, baking soda, and salt. Make a well in center.

In another bowl beat together eggs, buttermilk, and oil. Add to the flour mixture, stirring just till moistened (batter will be thick). Cover and store in the refrigerator up to 3 weeks.

continued

It's no trick to make this treat... delicious peanut butter chocolate fudge.

Your "Tricksters" will love the delicious taste combination of rich chocolate and peanut butter. You'll love how easy it is to make this treat with Eagle Brand Sweetened Condensed Milk. Eagle Brand is a pre-cooked blend of milk and sugar—which adds a creamy richness to an endless variety of recipes. Eagle Brand and a few simple ingredients are the trick that turns this flavorsome Easy Peanut Butter Chocolate Fudge into magical treats you'll want to serve over and over all season long.



Easy Peanut Butter Chocolate Fudge

(Makes about 2 pounds)

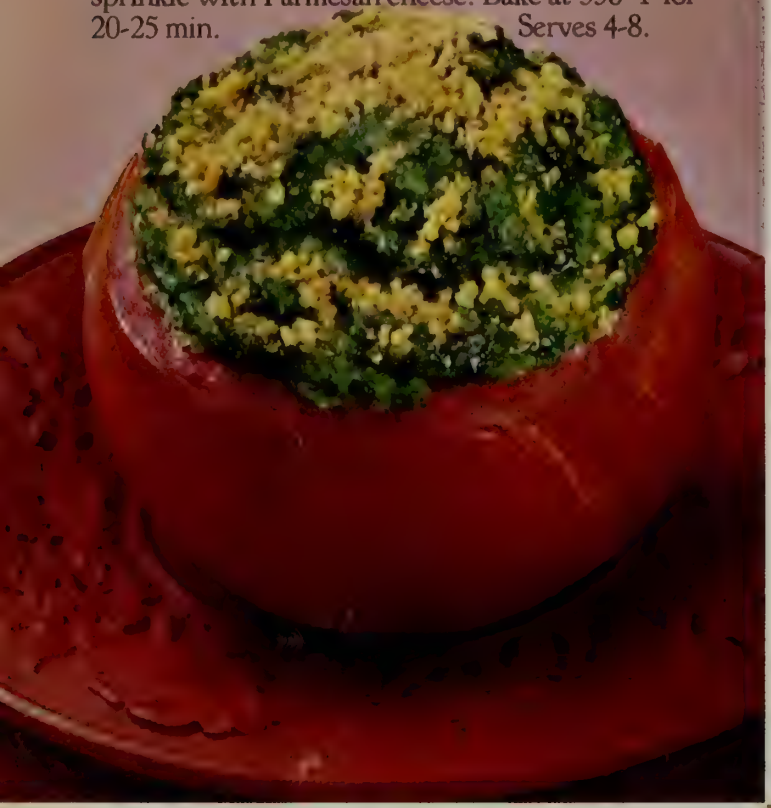
- 1 (12-ounce) package peanut butter flavored chips
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated)
- ¼ cup butter or margarine
- ½ cup chopped peanuts, optional
- 1 (6-ounce) package semi-sweet chocolate morsels

In large saucepan, melt peanut butter chips, 1 cup sweetened condensed milk and 2 tablespoons butter; stir occasionally. Remove from heat; stir in peanuts. Spread mixture into wax paper-lined 8-inch square pan. In small saucepan, melt chocolate morsels, remaining sweetened condensed milk and butter. Spread chocolate mixture on top of peanut butter mixture. Chill 2 hours or until firm. Turn fudge onto cutting board; peel off paper and cut into squares. Tightly cover any leftovers.



It's lunch.

Scoop out eight medium tomatoes. Fill each with one package thawed Stouffer's Spinach Soufflé and sprinkle with Parmesan cheese. Bake at 350°F for 20-25 min. Serves 4-8.



meat mixture over. Spread the cottage cheese mixture ove the meat mixture. Top with the remaining zucchini slices Sprinkle with a little additional *salt*. Bake in 350° oven fo 15 minutes. Sprinkle cheddar cheese around edges o casserole. Bake 10 minutes more. Makes 4 or 5 servings.

CHEESE 'N VEGETABLE CHOWDER

3 tablepoons butter *or* margarine
1½ cups chopped celery
1 cup shredded carrot
¼ cup sliced green onion
2 10¾-ounce cans condensed cream of potato soup
1 14½-ounce can chicken broth
½ cup water
2 tablespoons snipped parsley
Few drops bottled hot pepper sauce

• • •

2 cups shredded cheddar *or* colby cheese (8 ounces)
1 13-ounce can (1⅔ cups) evaporated milk
3 tablespoons dry sherry (optional)

In large saucepan melt butter or margarine. Cook celery carrot, and the ¼ cup green onion in melted butter till tender but not brown. Add potato soup, chicken broth, water, parsley, and hot pepper sauce. Cook and stir till boiling; reduce heat. Cover and simmer for 20 to 25 minutes, stirring occasionally. Stir in shredded cheese, evaporated milk, and sherry, if desired. Heat through *(do not boil)*. Sprinkle with additional sliced green onion, if desired. Makes 6 to 8 servings.

continued

Nutritious meals

To bake muffins, fill greased muffin cups ¾ full. Bake in 375° oven for 20 to 25 minutes. Makes enough batter for 40 muffins.

ZUCCHINI AND BURGER ITALIANO

4 cups thinly sliced zucchini
12 ounces lean ground beef
½ cup chopped onion
1 clove garlic, minced
1 cup cooked rice
½ of an 8-ounce can (½ cup) tomato sauce
½ teaspoon salt
½ teaspoon dried oregano, crushed
¼ teaspoon pepper

• • •

1 beaten egg
½ cup cottage cheese
½ cup shredded cheddar cheese

In saucepan cook zucchini, uncovered, in boiling salted water for 1 to 2 minutes. Drain well. In skillet cook ground beef, onion, and garlic till meat is browned and onion is tender. Drain off excess fat. Stir in rice, tomato sauce, the ½ teaspoon salt, oregano, and pepper. Combine egg and cottage cheese. Arrange *half* the zucchini slices in bottom of a 10x6x2-inch baking dish. Sprinkle with *salt*. Spoon the

It's an appetizer.

Split three mild green or yellow chili peppers lengthwise; remove seeds. Mix one package thawed Stouffer's Spinach Soufflé, 1 tbsp. minced onion, and ⅓ c. cooked crumbled bacon. Spoon into peppers and sprinkle with Parmesan cheese. Bake in greased baking dish at 350°F for 25-30 min. Serves 3-6.



It's dinner.

Mix together: one package thawed Stouffer's Spinach Soufflé; 2 eggs; 3 tbsp. milk; 2 tsp. chopped onion; ½ c. sliced drained mushrooms; ¾ c. cooked crumbled Italian sausage; and ¾ c. grated Swiss cheese. Pour into unbaked 9-in. pie shell and bake at 400°F for 25-30 min. Serves 4-6.



griddle or heavy skillet; spread to a 4-inch circle. Cook till golden brown, turning when surface is bubbly and edges are slightly dry. If desired, serve with honey or maple syrup. Makes 8 pancakes or 4 servings.

To make Whole Grain Pancake Mix: In large bowl stir together 8 cups *whole wheat flour,* 2 cups *instant nonfat dry milk powder,* 3 tablespoons *baking powder,* 1 tablespoon *salt,* and 2 teaspoons *sugar.* Add 3 cups regular *rolled oats* and mix thoroughly. Transfer to a covered storage container. Cover; store in a cool, dry place. Makes 12 cups.

SPICED APPLE COOKIES

1 cup raisins
½ cup shortening
1⅓ cups packed brown sugar
1 egg
¼ cup milk
2¼ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon salt
½ teaspoon ground cloves
½ teaspoon ground nutmeg
1 cup chopped walnuts
1 cup chopped unpeeled apple

In small saucepan cover raisins with water. Bring to boiling; remove from heat. Cover and let stand for 5 minutes. Drain. Meanwhile, in large mixer bowl beat together short-

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LAYERED HAM AND SPINACH SALAD

6 cups torn fresh spinach
3 hard-cooked eggs, chopped *or* sliced
4 ounces boiled ham, cut in julienne strips
1 small red onion, thinly sliced and separated into rings
1 10-ounce package frozen peas, thawed
¾ cup mayonnaise *or* salad dressing
⅓ cup dairy sour cream
1½ cups cubed Swiss cheese
5 slices bacon

In large clear salad bowl layer in order: *half* the spinach, all of the eggs and ham, the remaining spinach, the onion slices, and the peas. In small bowl combine mayonnaise and sour cream; spread over the top of the salad, sealing to the side of the dish. Sprinkle with Swiss cheese. Cover and chill up to 24 hours. At serving time, cook bacon till crisp. Drain; crumble. Sprinkle bacon over salad. Serves 6.

WHOLE WHEAT-OATMEAL HOT CAKES

1 beaten egg
1¼ cups milk
1 tablespoon cooking oil
1 tablespoon honey
1½ cups Whole Grain Pancake Mix (see recipe right)

In medium bowl combine egg, milk, oil, and the 1 tablespoon honey. Add Whole Grain Pancake Mix and stir till batter is blended but still slightly lumpy. For each pancake, pour about ¼ cup batter onto hot, lightly greased

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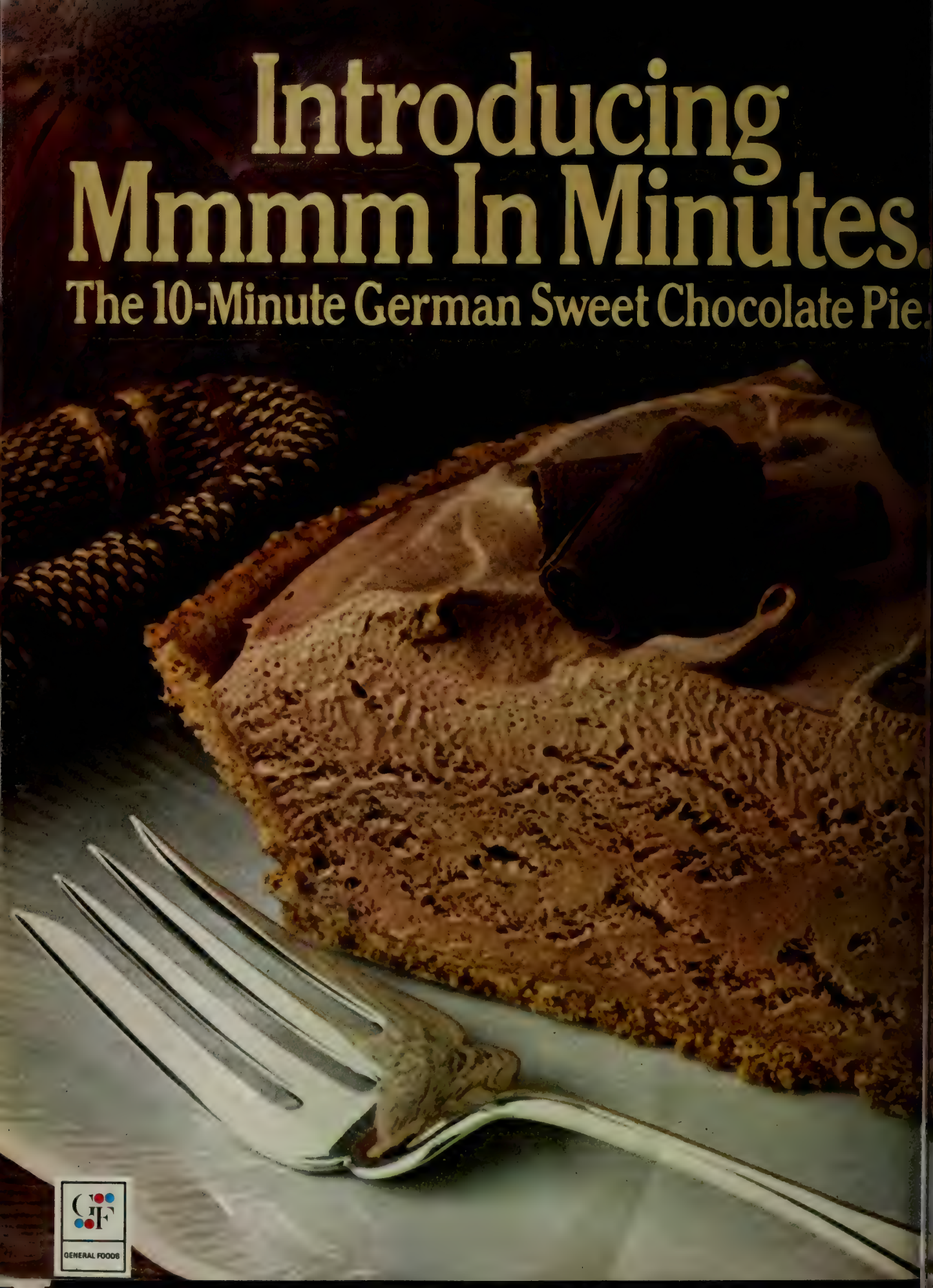
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The 10-Minute German Sweet Chocolate Pie.



GENERAL FOODS

COOL WHIP® and BAKER'S® German's® Sweet Chocolate introduce mouth-watering chocolate cream pie.

1.



Heat chocolate and 2 tablespoons of the milk over low heat, stirring until melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture, beat until smooth.

2.



Fold Cool Whip® Non-Dairy Whipped Topping into chocolate mixture and blend until smooth.

3.



Spoon mixture into crust. Freeze about 4 hours. Garnish with chocolate curls if desired.

The 10-Minute German Sweet Chocolate Cream Pie

- 1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate*
- 1/3 cup milk
- 2 tablespoons sugar (optional)
- 1 package (3 oz.) cream cheese, softened
- 1 container (8 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed
- 1 packaged graham cracker crust

*Only Baker's® makes German's® Sweet Chocolate. Find it in the baking section of your supermarket.



Cool Whip®. We're doing fresh things with pies.

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continued from page 125

Nutritious meals

ening and brown sugar; beat in egg and milk. Stir together flour, soda, cinnamon, salt, cloves, and nutmeg. Add to shortening mixture; beat till well blended. Stir in nuts, apple, and drained raisins. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake in 375° oven for 8 to 10 minutes. Immediately remove from cookie sheet; cool on wire rack. Makes 3½ to 4 dozen.

ZUCCHINI NUT LOAF

2½ cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon finely shredded lemon peel
¾ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground ginger
2 beaten eggs
1¼ cups sugar
½ cup cooking oil
¼ teaspoon orange extract (optional)
2 cups finely shredded zucchini
1 cup chopped walnuts

In large bowl stir together flour, baking powder, baking soda, lemon peel, salt, cinnamon, and ginger; set aside.

In another bowl beat together eggs, sugar, oil, and if desired, orange extract. Add egg mixture to flour mixture along with zucchini and nuts; mix well. Turn batter into a greased 9x5x3-inch loaf pan. Bake in 350° oven for 50 to 60 minutes or till wooden pick inserted in center comes out clean. Cool in pan for 10 minutes. Remove from pan to wire rack. Cool thoroughly. For a softer crust, wrap and store loaf overnight before slicing. Makes 1 loaf.

CHEESE 'N DATE DIP

1 8-ounce can crushed pineapple (juice pack)
1 8-ounce package cream *or* Neufchâtel cheese, softened
½ cup whole pitted dates, snipped
Assorted fruit dippers

Drain pineapple, reserving 2 tablespoons of the juice. In small mixer bowl combine cream or Neufchâtel cheese, drained pineapple, and reserved juice. Beat at low speed of electric mixer till well blended. Add snipped dates; mix well. Cover; chill. Serve with fruit. Makes 2 cups.

PEA SOUP WITH CHERVIL



1 14½-ounce can chicken broth
1 10-ounce package frozen peas
½ cup chopped leek *or* onion
10 spinach leaves
10 lettuce leaves
½ teaspoon dried chervil, crushed
⅛ teaspoon pepper
¾ cup light cream *or* milk
Croutons (optional)

In medium saucepan combine broth, peas, leek, spinach, lettuce, chervil, and pepper. Bring to boiling. Reduce heat. Cover and simmer for 20 minutes. Transfer vegetable mixture to blender container or food processor bowl. Cover and process till pureed. Sieve puree through a strainer into saucepan. Add light cream or milk and heat through. Serve with croutons, if desired. Makes 4 servings.

EGGPLANT PARMESAN



1 medium eggplant
2 eggs
¼ cup water
⅓ cup all-purpose flour
1 cup fine dry bread crumbs
Cooking oil
1 recipe Italian Sauce
8 ounces sliced mozzarella cheese
¼ cup grated Parmesan cheese

Cut unpeeled eggplant crosswise into ¼-inch slices. In medium bowl beat together eggs and water. Coat eggplant slices in flour; dip in egg mixture, then coat with bread crumbs. In large skillet cook eggplant slices in a small amount of hot oil till lightly browned, turning once. Drain on paper toweling.

In bottom of 10x6x2-inch baking dish, spread *½ cup* of the Italian Sauce. Layer *half* the eggplant slices, *half* the cheese, and *half* of the remaining Italian Sauce. Repeat layers. Sprinkle with Parmesan cheese. Bake, uncovered, in 350° oven for 20 to 30 minutes. Serves 6 to 8.

To make Italian Sauce: In large saucepan cook 1 medium *onion,* sliced and 1½ cups sliced fresh *mushrooms* in 2 tablespoons *cooking* or *olive oil* till tender but not brown. Stir in one 8-ounce can undrained *tomatoes,* cut up; one 8-ounce can *tomato sauce;* ½ of a 6-ounce can (⅓ cup) *tomato paste;* 2 tablespoons *dry red wine;* 1 small clove *garlic,* minced; 2 teaspoons dried *oregano,* crushed; and ¼ teaspoon *salt.* Bring to boil. Reduce heat; simmer, uncovered, 30 minutes. Makes 2⅓ cups.

JOANNE GRUSKIN'S RECIPES

COUSCOUS

1 2½- to 3-pound broiler-fryer chicken, cut up
2 pounds lamb necks
1 tablespoon honey
4 onions, quartered
2 16-ounce cans stewed tomatoes
3 cups water
6 inches stick cinnamon, broken
1½ teaspoons salt
½ teaspoon pepper
½ teaspoon ground turmeric
⅛ teaspoon saffron, crushed
1 16-ounce can garbanzo beans, drained
4 carrots, cut in 2-inch pieces
2 cups cubed, peeled winter squash *or* pumpkin
2 cups cubed zucchini

continued on page 134

Sunbeam

Processors



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Shirley Jones

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Sunbeam

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Fleischmann's has a delightful book of recipes you'll want to bake for — or with — the kids. Send for a copy and bake someone happy.

Teddy Bear Bread **(Makes 2 bears)**

Scald 1/2 cup milk; stir in 3 tablespoons sugar, 2 teaspoons salt, and 3 tablespoons margarine. Cool to lukewarm. Dissolve 1 package Fleischmann's® Active Dry Yeast in 1-1/2 cups warm water (105°F.-115°F.). Add milk mixture and 3 cups unsifted flour; beat until smooth. Stir in enough more flour (3-1/2—4 cups) to make a stiff dough. Onto floured board knead 8-10 minutes. Place in greased bowl; grease top. Cover, let rise until doubled, about 1 hour. Punch down. Divide into 4 equal pieces; cut 1 piece in half and 1 piece into 14 pieces. Shape into balls. Place large balls on greased baking sheets for bodies. Place medium balls above for heads. Flatten slightly. Pinch seams. Attach small balls for paws, noses, and ears. Cover; let rise until doubled, about 1 hour. Make indentations in ears. Place raisins for eyes and belly buttons. Mix 1 egg and 1 tablespoon water; brush on bears. Bake at 400°F. 25-30 minutes. Cool.

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Standard



File under Meats

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Variety Meats

Smoked Tongue in Cranberry Sauce

This number-one-rated entrée features tongue slices topped by a tangy cranberry sauce—

1 2-pound smoked beef tongue *or* one 3-pound fresh tongue
½ lemon, thinly sliced
1 16-ounce can whole cranberry sauce
¼ cup packed brown sugar
¼ cup dry sherry
12 whole cloves

For smoked tongue, remove any excess skin and fat; slice tongue into ¼-inch-thick slices. (For fresh tongue, place in 4-quart Dutch oven; add water to cover. Cover; bring to boiling. Reduce heat and simmer for 3 hours or till tender. Drain and cool. Remove skin and fat; slice as for smoked tongue.) Arrange tongue and lemon slices in a shallow baking dish or casserole, overlapping as necessary. In a 1½-quart saucepan combine whole cranberry sauce, brown sugar, sherry, and cloves; cover. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Pour sauce over sliced tongue. Bake, uncovered, in a 375° oven for 20 minutes or till heated through. Makes 8 servings.

Mrs. Elaine J. Krantz, Berkeley Heights, N.J.



File under Vegetables

Buying information, page 4

Corn Fix-Ups

Quick 'n Easy Corn Relish

Top honors go to this lickety-split relish that starts with canned corn—

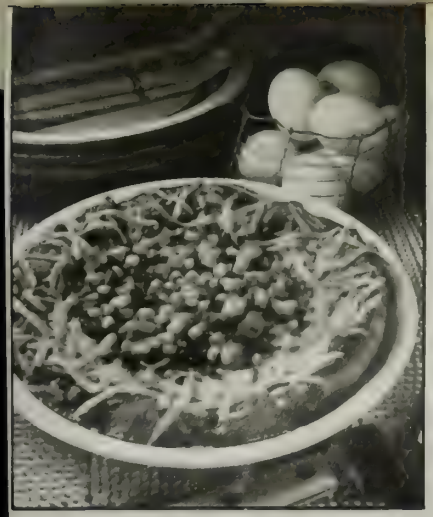
2 12-ounce cans whole kernel corn with sweet peppers, drained
3 tablespoons cooking oil
½ cup sugar
½ cup vinegar
2 teaspoons minced dried onion
½ teaspoon salt
¼ teaspoon celery seed

In bowl combine drained corn and cooking oil. In a small saucepan combin sugar, vinegar, minced onion, salt, and celery seed. Cover and bring to boiling reduce heat and simmer 2 minutes. Add to corn mixture; cover and cool. Refrig erate several hours or till thoroughly chilled. Drain to serve. Makes about 3 cups.

Mrs. G. V. Pedersen, Grand Island, Neb



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Mexican Corn Popover Bake

In a 10-inch skillet cook ½ cup **chopped onion;** one 4-ounce can **green chilies,** drained, seeded, and chopped; 1 clove **garlic,** minced; 1 to 1½ teaspoons **chili powder;** 1 teaspoon **dried oregano,** crushed; and ½ teaspoon **ground cumin** in 1 tablespoon hot **cooking oil** till onion is tender. Stir in one 16-ounce can **whole kernel corn,** drained; one 4-ounce can **sliced mushrooms,** drained; 1 teaspoon **seasoned salt;** and ½ teaspoon **sugar.** Keep warm. In a 9-inch pie plate melt 1 tablespoon **butter** or **margarine** in a 400° oven. Meanwhile, place 2 **eggs,** ¾ cup **milk,** ¾ cup **all-purpose flour,** and ½ teaspoon **salt** in blender container or food processor bowl. Cover and process 30 seconds or just till smooth. Pour batter into pie plate. Spread corn mixture evenly over batter to within 1 inch of edge. Bake in 400° oven 20 minutes; sprinkle with ½ cup **shredded cheddar cheese.** Bake 15 minutes longer or till brown and puffed. Cut into wedges; serve immediately. Makes 8 servings.

Kayleen L. Sloboden, Puyallup, Wash.



Corn 'n Squash Pudding

1 12-ounce package frozen mashed cooked winter squash
1 10-ounce package frozen whole kernel corn
½ cup chopped onion
5 tablespoons butter *or* margarine
2 slightly beaten eggs
¼ cup evaporated milk *or* milk
1 tablespoon sugar
¼ teaspoon salt
⅛ teaspoon pepper
1 cup herb-seasoned stuffing mix

In separate pans cook squash and corn according to package directions. Drain corn; set vegetables aside. In a small skillet cook onion in butter or margarine till tender but not brown. Remove from heat. Combine eggs, milk, sugar, salt, and pepper; stir in onion mixture. Add stuffing mix, squash, and drained corn, stirring till combined. Turn mixture into a 10x6x2-inch baking dish. Bake, uncovered, in a 350° oven for 30 minutes or till knife inserted just off-center comes out clean. Let stand 5 minutes before serving. Garnish with bacon curls and parsley, if desired. Makes 6 servings.

Marcella R. White, Pensacola, Fla.



Mushroom-Sauced Beef Heart

To double this recipe, use a whole heart and freeze half for another meal—

1½ pounds beef heart (about ½ heart)
½ cup chopped green pepper
2 tablespoons cooking oil
1 cup water
½ cup bias-sliced celery
1 tablespoon cornstarch
2 tablespoons soy sauce
1 2½-ounce can sliced mushrooms, drained
2 tomatoes, cut in wedges
Hot cooked rice *or* noodles

Remove hard portions and fat from heart; discard. Cut meat into ½-inch cubes. In a 10-inch skillet cook meat and green pepper in hot oil till meat is browned. Add water; cover and simmer 40 minutes. Add celery; cover and simmer 20 minutes more or till meat and vegetables are tender. Blend cornstarch into soy sauce; stir into skillet. Cook and stir till thickened; cook 2 minutes more. Add mushrooms and tomatoes; heat through. Serve with rice or noodles. Serves 6 to 8.

Helen H. Panuska, Union Dale, Penn.



Chicken Livers with Orange Sauce

Here's an elegant entrée you can put together in less than 30 minutes—

½ cup chopped onion
2 tablespoons butter *or* margarine
1 pound chicken livers, halved
1 cup diced cooked ham
1 4-ounce can sliced mushrooms, drained
1 teaspoon salt
¼ teaspoon dried thyme, crushed
4 teaspoons cornstarch
1 cup orange juice
¼ teaspoon bottled hot pepper sauce
Halved orange slices (optional)
Hot cooked noodles

In a 10-inch skillet cook onion in butter or margarine till nearly tender; add chicken livers and ham. Cook about 5 minutes or till livers are no longer pink in center. Stir in drained mushrooms, salt, and thyme. Blend cornstarch into orange juice; add to skillet along with hot pepper sauce. Cook and stir till thickened and bubbly; cook 2 minutes more. Garnish with orange slices, if desired. Serve with noodles. Makes 4 servings.



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"The wheat squares stay crispier in milk."



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COUPON EXPIRES SEPTEMBER 30, 1981 1A WX 1A

continued from page 128

Nutritious meals

½ cup raisins
1 pound semolina (couscous)
1 cup cold water
Cooking oil
¼ cup butter *or* margarine

Preheat broiler. Lightly brush chicken pieces and lamb necks with the honey; broil 4 inches from heat for 8 minutes or till brown, turning once. Remove chicken and set aside. Spoon fat from drippings. Put lamb and drippings in bottom of a couscousière or a large kettle or Dutch oven. Add onions, tomatoes, the 3 cups water, cinnamon, salt, pepper, turmeric, and saffron. Cover and simmer gently for 1 hour. Add garbanzo beans, carrots, winter squash or pumpkin, zucchini, raisins, and browned chicken; cook, covered, 30 minutes. Remove cinnamon sticks.

Meanwhile, prepare semolina (couscous). Rinse semolina in water, stirring with your hands, and drain. Repeat twice more. Spread in shallow pan; let stand about 10 minutes. With your hands rake the semolina, breaking up the lumps. Sprinkle it into the top of a couscousière or a cheesecloth-lined colander. Steam it, covered, over the stew about 20 minutes. Turn out couscous into a shallow pan and spread it out. Sprinkle the 1 cup cold water over and work mixture with oiled hands. Let stand 10 minutes. Twenty minutes before serving, steam the semolina again in colander. Stir in butter or margarine. To serve, place semolina on large platter. Drain meat and vegetables, reserving liquid. Remove lamb from bones. Pile meat and vegetables in center. Pass liquid. Serves 6.

SAUSAGE AND PEPPERS

1 pound Italian sausage links
6 green *or* red peppers, cut in strips (4 cups)
3 large onions, sliced (4 cups)
¼ cup dry red wine

Prick sausage several times with fork. In 12-inch skillet brown sausages well. Drain sausage, reserving 3 tablespoons drippings. Slice sausage; set aside. In reserved drippings cook peppers and onions, covered, for 5 minutes. Uncover and cook till tender but not brown. Season to taste with *salt*. Add sausage slices and heat through. Add wine; heat through. Serves 4.

MOUSSAKA

2 small eggplants (2 pounds)
Cooking oil
2 pounds lean ground beef *or* lamb
2 small onions, finely chopped (¾ cup)
2 cloves garlic, minced
1 6-ounce can tomato paste
½ cup dry red wine
2 teaspoons ground cinnamon
1 teaspoon salt
Dash dried oregano, crushed

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¼ cup butter *or* margarine
3 tablespoons all-purpose flour
½ teaspoon salt
¼ teaspoon ground nutmeg
1¾ cups milk
3 beaten eggs
15 ounces ricotta cheese
1 cup grated Parmesan cheese
Fine dry bread crumbs

Slice eggplants into ¼-inch rounds. Halve large slices. Brush slices lightly with oil and place on broiler pan. Broil, 4 inches from heat, for 10 to 12 minutes or till tender, turning once. Drain on paper toweling. Season with *salt*.

In skillet cook meat, onions, and garlic till meat is browned and onion is tender. Drain off excess fat. Stir in tomato paste, wine, cinnamon, the 1 teaspoon salt, and the oregano.

To prepare sauce, melt butter or margarine in a medium saucepan; blend in flour, the ½ teaspoon salt, and the nutmeg. Add milk all at once. Cook and stir till thickened and bubbly. Gradually add to beaten eggs. Add ricotta cheese and Parmesan cheese; blend well.

Sprinkle bread crumbs into a 13x9x2-inch baking pan. Layer *half* the eggplant, all the meat mixture, and then the remaining eggplant. Pour sauce over all. Bake, uncovered, in 350° oven for 40 to 50 minutes. Let stand 5 to 10 minutes before cutting into squares. Makes 10 to 12 servings.

TAMALE PIE

2 pounds lean ground beef
1 cup chopped onion
½ cup chopped green pepper
2 cloves garlic, minced
1 16-ounce can stewed tomatoes
1 16-ounce can whole kernel corn, drained
1 cup sliced pimiento-stuffed olives
2½ teaspoons chili powder
½ teaspoon dried oregano, crushed
¼ teaspoon pepper

• • •

1½ cups milk
2 tablespoons butter *or* margarine
1 teaspoon salt
½ cup cornmeal
1 cup shredded cheddar *or* Monterey Jack cheese (4 ounces)
2 slightly beaten eggs

In skillet cook meat, onion, chopped green pepper, and garlic till meat is browned and vegetables are tender; drain off excess fat. Stir in tomatoes, corn, olives, chili powder, oregano, and pepper. Simmer 10 minutes. Turn into ungreased 3-quart casserole.

In saucepan heat milk, butter or margarine, and salt till butter melts. Slowly stir in cornmeal. Cook and stir about 5 minutes or till thickened. Remove from heat. Stir in cheese and eggs. Pour over meat mixture. Bake in 375° oven for 35 minutes. (Or assemble, cover, and chill. Bake in 375° oven 1 hour and 15 minutes). Garnish with pepper rings, if desired. Serves 8.

LINGUINE WITH WHITE CLAM SAUCE

If clams in the shell aren't available, substitute two 6½-ounce cans minced clams. Drain clams, reserving liquid. Add ¼ cup dry white wine to the reserved liquid and use in the sauce in place of the clam broth—

2 dozen fresh *or* frozen small clams in shell
1 cup dry white wine
1 large clove garlic, minced
2 tablespoons olive *or* cooking oil
2 tablespoons butter *or* margarine
Dash pepper
8 ounces hot cooked linguine
¼ cup snipped parsley
Grated Parmesan cheese (optional)

Thaw clams, if frozen. Thoroughly wash clams in cold water. Place clams on rack in a kettle. Add the wine. Cover tightly and steam for 5 to 7 minutes or just till clams open. Strain broth through cheesecloth; reserve strained

continued

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#17 VIKING CASSEROLE

½ cup chopped onion
2 tablespoons PARKAY Margarine
2 tablespoons flour
1 cup milk
VELVEETA Pasteurized Process Cheese Spread
2 cups (7 ozs.) macaroni, cooked, drained
1 10-oz. pkg. frozen peas, cooked, drained
1 6½-oz. can tuna, drained, flaked
1 teaspoon salt
Dash of pepper

Sauté onion in margarine; blend in flour. Gradually add milk; cook, stirring constantly, until thickened. Add ½ lb. Velveeta process cheese spread, cubed; stir until melted. Add macaroni, peas, tuna and seasonings; mix well. Pour into 2-quart casserole. Bake at 350°, 40 minutes. Top with slices of Velveeta process cheese spread, cut in triangles; continue baking until Velveeta process cheese spread melts. 6 to 8 servings.

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continued

Nutritious meals

broth. Remove clams from shell (discard any that do not open); cut up clams. Set clams aside.

In large saucepan cook garlic in hot oil and butter or margarine. Stir in the strained clam broth and pepper. Bring to boiling; reduce heat. Boil gently, uncovered, for 10 to 15 minutes or till liquid is reduced to ½ cup. Stir in clams; heat through. Toss clam mixture with linguine and parsley till well coated. If desired, sprinkle with grated Parmesan cheese. Makes 4 servings.

ORANGE AND CARROT SALAD

3 cups shredded carrots (¾ pound)
2 medium oranges
3 tablespoons lemon juice
• • •
1 tablespoon sugar
1 teaspoon ground cinnamon
Dash salt
Leaf lettuce

Place shredded carrots in a medium bowl. Peel and section oranges over the bowl to catch juices. Halve orange sections. Add to shredded carrots along with lemon juice. In small bowl combine sugar, cinnamon, and salt. Add to carrot mixture; mix well. Cover and chill several hours. Serve in a lettuce-lined bowl. Makes 4 to 6 servings.

WHOLE WHEAT BREAD DOUGH

Joanne uses this recipe to prepare the Italian Bread, crisp Breadsticks, and chewy Pretzels, at right—

2 packages active dry yeast
¼ cup warm water (110° to 115°)
2¾ cups water
2 tablespoons cooking oil
1 tablespoon sugar
1 tablespoon salt
4 cups all-purpose flour
4 cups whole wheat flour

Soften yeast in the ¼ cup warm water. In saucepan heat the 2¾ cups water, the oil, sugar, and salt till sugar and salt dissolve; cool to lukewarm. Turn into a large bowl. Combine all-purpose flour and whole wheat flour. Stir *3 cups* of the flour mixture into the liquid in bowl. Add the softened yeast; stir till smooth. Stir in as much of the remaining flour as you can mix in with a spoon.

Turn dough out onto a lightly floured surface; knead in enough of the remaining flour mixture to make a moderately stiff dough. Continue kneading till smooth and elastic (8 to 10 minutes total). Shape into a ball. Place in a greased bowl; turn once to grease surface. Cover; let rise in a warm place till double (about 1 hour). Punch dough down; turn out onto a lightly floured surface. Divide dough in half. Cover; let rest 10 minutes. Makes enough dough for 6 loaves of Italian Bread, 48 Breadsticks, or 32 Pretzels.

ITALIAN BREAD

Prepare one recipe of *Whole Wheat Bread Dough*. Divide *each half* of dough into 3 pieces. On a lightly floured surface roll each piece to a 10x6-inch rectangle. Roll up tightly from the long side; moisten edges with water and seal well. Taper ends. Place loaves, seam side down, on greased baking sheets. With a sharp knife slash each

loaf 3 times diagonally across the top. Cover; let rise in a warm place till nearly double (about 30 minutes). Place a pan of water on bottom shelf of oven. Bake loaves in 400° oven for 10 minutes. Remove pan of water; bake 10 to 15 minutes longer. Cool on wire racks. Makes 6 loaves.

BREADSTICKS

Prepare one recipe of *Whole Wheat Bread Dough.* Cut *each half* of dough into 24 pieces. On a lightly floured surface roll each piece between your palms into a rope 8 inches long. Place 2 to 3 inches apart on greased baking sheets. Cover; let rise in a warm place till nearly double (about 30 minutes).

Beat together 1 *egg white* and 1 tablespoon *water;* brush over breadsticks. Sprinkle with *sesame seed.* Bake in 375° oven for 10 minutes; reduce oven temperature to 300° and bake for 20 to 25 minutes more. Cool on wire racks. Makes 48 breadsticks.

PRETZELS

Prepare one recipe *Whole Wheat Bread Dough.* On a lightly floured surface roll *each half* of dough to a 12x8-inch rectangle. Cut each rectangle lengthwise into sixteen ½-inch-wide strips. Roll each strip into a rope 16 inches long. Shape into pretzels by forming each rope of dough into a circle, leaving about 4 inches of dough on each end free. Take one end of dough in each hand and twist at the point where dough overlaps. Carefully lift ends across to the opposite edge of circle; tuck ends under edge to make a pretzel shape; moisten ends with water and press to seal. Place on greased baking sheets. Let rise in a warm place till nearly double (about 30 minutes), turning once. In large saucepan combine 2 quarts *water* and 1 tablespoon *baking soda.* Bring to boiling. Reduce heat. Place pretzels, 3 or 4 at a time, in simmering water. Simmer about 5 minutes, turning once. Remove with slotted spoon to paper toweling; let stand a few seconds to drain, then place pretzels ½ inch apart on well-greased baking sheets. Beat together 1 *egg white* and 1 tablespoon *water* and brush over pretzels; sprinkle lightly with *coarse salt.* Bake in 350° oven for 30 minutes. Makes 32.



DATE-NUT PUMPERNICKEL BREAD

¾ cup cornmeal
2¼ cups water
¼ cup light molasses
2 tablespoons butter *or* margarine
2 teaspoons salt
2 packages active dry yeast
¼ cup warm water (110° to 115°)
1 cup snipped pitted dates

continued

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continued

Nutritious meals

½ cup chopped walnuts
2 cups whole wheat flour
2 cups rye flour
2 to 2½ cups all-purpose flour

In large saucepan combine cornmeal and the 2¼ cups water; cook and stir till thickened and bubbly. Remove from heat. Stir in molasses, the 2 tablespoons butter or margarine, and salt; cool till just warm (110° to 115°). Soften yeast in the ¼ cup warm water. Add to cooled cornmeal mixture. Turn into large bowl; stir in dates and walnuts. By hand, stir in whole wheat flour, rye flour, and as much of the all-purpose flour as you can mix in with a spoon. Turn out onto lightly floured surface. Knead in remaining all-purpose flour to make a stiff dough. Continue kneading till dough is smooth and elastic (about 10 minutes). Place in greased bowl, turning once to grease surface. Cover; let rise in a warm place till double (about 1¼ hours). Punch dough down; divide into 4 portions. Or, for larger loaves, divide dough into thirds. Place loaves in greased 1-quart casseroles or shape into round loaves and place on greased baking sheets. Make an X about ½ inch deep on tops of loaves. Cover; let rise in a warm place till nearly double (about 50 minutes). Bake in 350° oven about 40 to 45 minutes for 4 loaves or 45 to 50 minutes for 3 loaves. Remove from casseroles or baking sheets. Cool on wire racks. Brush hot loaves with a little softened butter or margarine, if desired. Makes 3 or 4 loaves.

LONG ISLAND POTATO BREAD

½ cup cornmeal
1½ cups water
1 cup buttermilk
2 tablespoons butter *or* margarine
1 tablespoon salt
2 packages active dry yeast
½ cup warm water (110° to 115°)
2 tablespoons honey
1 pound unpeeled potatoes, cooked and mashed (2 cups mashed)
7 to 8 cups all-purpose flour
3 cups rye flour
Cornmeal

Combine the ½ cup cornmeal and the 1½ cups water in saucepan. Bring to boiling; cook and stir till thickened. Remove from heat; stir in buttermilk, the 2 tablespoons butter or margarine, and salt. Cool. Dissolve yeast in the ½ cup warm water; stir in honey. When cornmeal and mashed potatoes have cooled to lukewarm (110° to 115°), combine with yeast mixture in large bowl. By hand, beat in *3 cups* of the all-purpose flour and all the rye flour. Turn out onto lightly floured surface; knead in enough remaining all-purpose flour to make a stiff dough. Continue kneading till dough is smooth and elastic, 8 to 10 minutes. Place dough in large greased bowl, turning once to grease surface. Cover and let rise in a warm place till double (about 1½ hours). Punch down dough; divide into 4 or 5 portions. Shape each portion into a flat round loaf. Sprinkle two baking sheets with cornmeal. Arrange loaves atop cornmeal. With a sharp knife make three diagonal slashes across each loaf, about ¼ inch deep. Cover; let rise till nearly double (about 45 minutes). Bake in 350° oven for 45 minutes or till done. Remove from baking sheets to wire racks. Brush crusts with softened butter or margarine, if desired. Makes 4 or 5 loaves.

SPINACH SALAD

This is Joanne's tasty alternative to the everyday tossed salad—

12 cups fresh spinach, torn in bite-size pieces (16 ounces)
1 tomato, cut in wedges
2 hard-cooked eggs, cut in wedges
1 small red onion, thinly sliced and separated into rings
½ cup crumbled feta cheese (optional)
⅓ cup olive *or* salad oil
2 tablespoons wine vinegar
½ teaspoon dried oregano, crushed
½ teaspoon pepper

Place spinach and tomatoes in salad bowl. Arrange eggs, onion, and cheese atop. In screw-top jar combine oil, vinegar, oregano, and pepper; cover and shake well. Pour over salad and toss. Makes 10 servings.

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Everyday chicken becomes something to crow about when it's baked or barbecued with this tantalizing sauce. To an 8-oz. can of tomato sauce, add 2 tablespoons of French's Worcestershire Sauce and 1 tablespoon of brown sugar. Adding French's to a meal will put a feather in your cap.

The splash of genius

continued

Nutritious meals

TROPICAL DREAM CAKE

2 cups granulated sugar
1 cup cooking oil
3 eggs
1 8-ounce can crushed pineapple (juice pack)
1½ teaspoons vanilla
2 cups all-purpose flour
1 cup whole wheat flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon ground cinnamon
2 cups finely diced bananas
1¾ cups sifted powdered sugar
2 to 3 tablespoons orange juice

In large mixer bowl beat granulated sugar and oil. Add eggs, one at a time, beating well after each addition. Blend in *undrained* pineapple and vanilla. Stir together flours, salt, baking soda, baking powder, and cinnamon; blend into the pineapple mixture. Stir in bananas. Turn into a greased 10-inch fluted tube pan. Bake in 350° oven for 60 to 70 minutes or till wooden pick inserted off-center comes out clean. Cool in pan for 10 minutes. Remove from pan to rack.

To prepare glaze, combine powdered sugar and enough orange juice to make of drizzling consistency. When cake is cool, drizzle with glaze.

WHOLE WHEAT-OATMEAL COOKIES

1 cup raisins
1 cup shortening
¾ cup granulated sugar
¾ cup packed brown sugar
2 eggs
1½ cups whole wheat flour
1 teaspoon baking soda
1 teaspoon salt
½ teaspoon ground nutmeg
½ teaspoon ground cinnamon
2 cups quick-cooking rolled oats
½ cup chopped walnuts

In small saucepan cover raisins with water. Bring to boiling; remove from heat. Cover and let stand 5 minutes. Put through fine blade of food grinder. Set aside. In mixer bowl cream shortening and sugars till light and fluffy. Beat in eggs. Stir together whole wheat flour, baking soda, salt, nutmeg, and cinnamon. Add to creamed mixture. Stir in oats, walnuts, and ground raisins. Drop by teaspoonfuls onto greased cookie sheets. Bake in 350° oven for 10 to 12 minutes. Cool on cookie sheets for 1 to 2 minutes before removing to wire racks to cool. Makes 7 to 8 dozen.

STIR-FRIED CHICKEN AND CASHEWS

Hoisin sauce adds a piquant flavor to this protein-packed stir-fry. You'll find hoisin sauce in the gourmet sections of supermarkets and in Oriental grocery stores—



2 whole medium chicken breasts, skinned, boned, and cut in ½-inch cubes
2 tablespoons soy sauce
1 tablespoon dry sherry
½ teaspoon sugar (optional)
1 cup raw cashew nuts
2 tablespoons cooking oil
1 tablespoon hoisin sauce
Sliced green onion (optional)
Green onion fans (optional)
Hot cooked rice

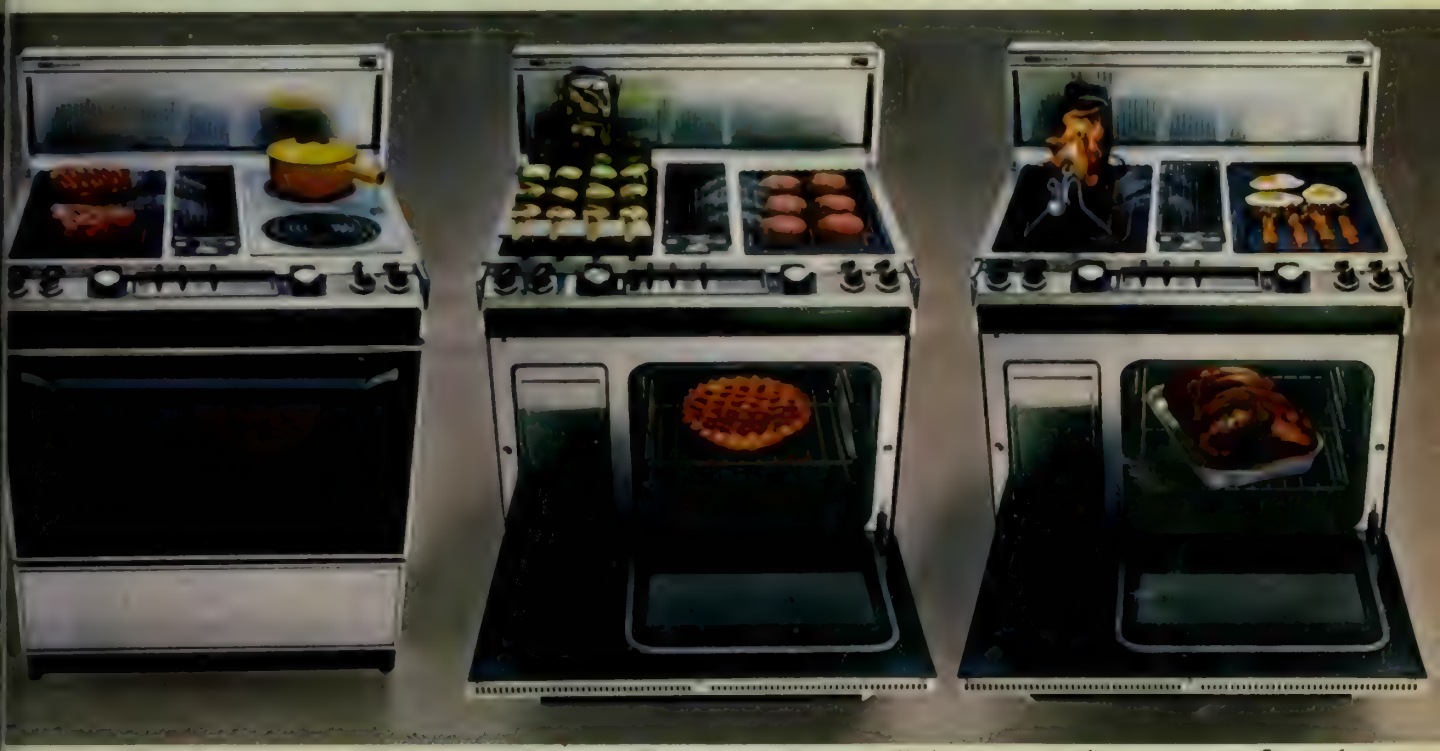
In medium bowl combine chicken, soy sauce, sherry, and if desired, sugar; set aside. In a 12-inch skillet or wok stir-fry cashews in hot oil over high heat for 1 to 2 minutes or till browned. Lift out with a slotted spoon and set aside. Add the chicken mixture to the skillet; stir-fry over high heat for 2 to 3 minutes or till just done. Stir in hoisin sauce and cashews. If desired, sprinkle with sliced green onion and garnish with green onion fans. Serve at once with hot cooked rice. Makes 4 or 5 servings.

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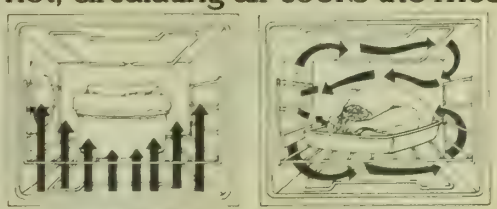
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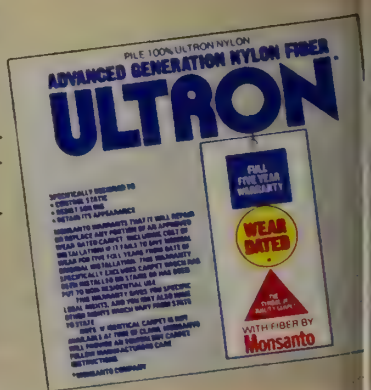
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Gardener's log

"The pedigree of honey
Does not concern the bee;
A clover, any time, to him
Is aristocracy."
from *Life,* by Emily Dickinson

As the season switches to fall, the days become nice and crisp and perfect for gardening, so make the most of every free hour. Start cleanup jobs, divide old perennials or plant new ones, take care of routine watering chores, or launch a new garden project such as a cold frame.

Create autumn arrangements

Combine fall flowers from your garden with ornamental grasses, decorative weeds, and fall berried branches or vines for informal bouquets to enjoy all through your home. In the arrangement above, foxtail grass seed stems and bittersweet berries on the vine complement the zinnias and brown-eyed susans. When the flowers wilt, replace them with fresh ones for a whole new look.

You can increase the life-span of your floral art work by taking several precautions. When gathering flowers in the garden, carry a bucket of tepid water with you to hold the cut blooms. Strip off all foliage, flowers, and thorns that would fall below the water surface in your arrangement. Resnip each stem at an angle underwater and leave the stems in the water for several hours before you begin your arrangement. Keep the bucket in a cool spot out of direct sunlight.

You'll have to give woody-stemmed plants an extra bit of attention to keep them fresh. Pare the bark from the bottom two inches and make a slit up the stem with a sharp knife.

Position your finished arrangement out of full sunlight and away from fan, window, and air conditioner drafts. Also, don't set the arrangement on a television set, radiator, or anywhere the container or plants would become overheated. To prolong the freshness of the bouquet, spray it with tepid water each day and set it in a cool spot at night.



Fall flower arrangement

Bring in your houseplants

Now's the time to ready your houseplants for the move indoors after their invigorating summer in the garden. Plan to bring them in as soon as night temperatures get down to around 50 degrees Fahrenheit. Don't wait until frost warnings are announced because some tender plants can suffer severe damage if they get chilled by an unexpected cold snap.

Now is also a good time to prune and otherwise groom any houseplants that have gotten too lush or leggy during the summer. Root the cuttings if you want more plants for yourself or to share with friends.

Build a cold frame

If you want to extend your gardening season, now's the time to build a cold frame. Locate the frame so it is facing south, and give it some shelter against harsh winds. The south side of your house or garage would be ideal. Choose a level site and be sure the soil has good drainage.

The sloping top of the frame, shown in *figure 1* on the following page, helps capture sunshine and lets rain run off quickly. Turn the soil within the frame and rake it even. Add a top layer of good soil if you plan to grow plants right in the ground. If you intend to grow plants in pots inside the cold frame, add sand as a top surface.

The ideal temperature for seed starting is 70 degrees Fahrenheit, so buy an inexpensive thermometer to help you keep track of the amount of heat. When the temperature inside the frame rises higher than you want, just prop the lid open.

For the base of your cold frame, make a 36x66-inch box of 2x12 rot-resistant lumber, preferably redwood or cedar. If you use non-rot-resistant wood, treat it with a wood preservative other than creosote, which is hard on plants.

continued

Illustration: Steven Schindler

continued

Gardener's log

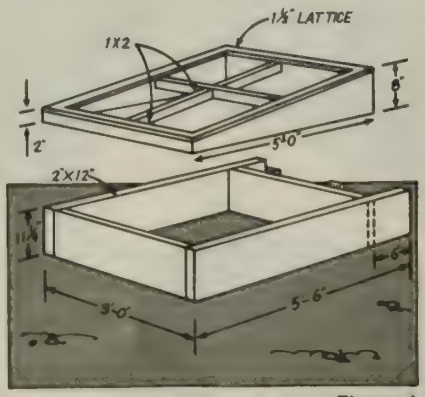


Figure 1

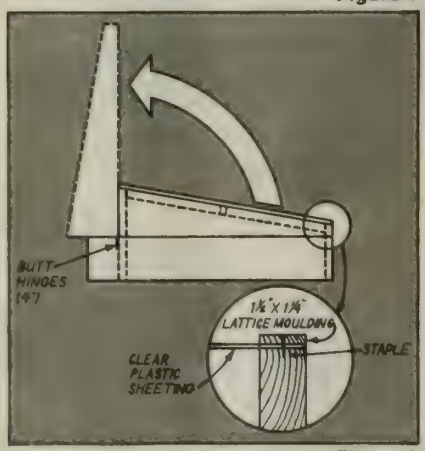


Figure 2

Build a 36x60-inch top and taper the sides from two to eight inches. Inside the top, fasten a piece of 1x2 lumber side to side and flush with the top edge. Add another piece front to rear, also flush with the top, as shown in *figure 2*. Use a lap joint where the strips cross in the center. This grid supports the plastic sheeting. Hinge the top to the base with 4x4 butt hinges.

The top, when fully opened, is supported on the extensions of the side baseboards, illustrated in *figure 1*. Stretch and staple clear plastic (six to eight mils thick) to the lid edge, and top the plastic with moulding strips.

IN THE SOUTH

Plant a fall vegetable garden

You can plant winter radishes, kale, lettuce, carrots, spinach, and mustard now for sumptuous early winter feasting. Broccoli, cabbage, brussels sprouts, and cauliflower also can be started now if you plant the seeds indoors under grow-lights.

To improve the soil in fallow areas of your vegetable garden, you can plant a green manure crop such as annual rye, buckwheat, or peas. When this crop is several inches high, till it under to boost the organic content.

Plant sweet peas

Choose a sunny spot, dig the soil deep, and work in a balanced fertilizer. Dig a trench four inches deep and space the seeds an inch or so apart. Cover them with two inches of fine soil.

As the plants get taller, mound soil around the bases of the plants. For the best germination and growth, treat the seeds with an inoculant before planting them. To look their best, sweet peas should be trained up a support.

IN THE WEST

Sow winter-blooming plants

Winter-blooming sweet peas, pansies, violas, violets, and primroses can be sown this month. In southern California, sow bedding petunias, lobelias, linum, nemesia, larkspur, nasturtium, centaurea, and calendulas. Also, make cuttings now of fuchsias, heliotrope, hydrangeas, salvias, verbenas, and rock garden plants.

Plant trees and shrubs

You can buy balled-and-burlapped nursery stock now that will become established almost immediately. Untie the burlap from around the main stem and fold the burlap back after the plant is placed in its hole.

Notes on My Garden

First Week, September 1-6

Second Week, September 7-13

Third Week, September 14-20

Fourth Week, September 21-27

Fifth Week, September 28-30

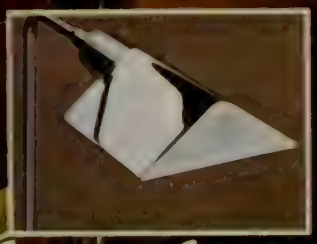
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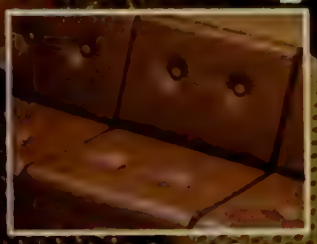
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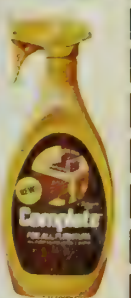
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FOR SHOW-OFF RESULTS

By Marjorie P. Groves

Now's the time to take action if you want to have a thick green lawn next spring. Follow along, and we'll tell you how to prepare grass for winter rest. We'll also explain how to cope with stubborn bare spots, thwart weeds and pests, thicken thin stands of grass, and seed new lawns.

Mow, rake, water, and fertilize the yard to give it a healthy sendoff into winter. When croquet-time rolls around again, you should be rewarded with a lush green lawn.

At this time of year, set your lawn mower to cut at 1½ inches for Kentucky bluegrass and fescues. Mow creeping or trailing grasses, such as Bermuda, at one or 1½ inches. Even after the nights become frosty, the grass will continue to grow slowly for several weeks. Don't stop mowing too early in the season or long grass will fall over and mat.

Remove fallen leaves when they are still dry, if possible, but take care not to gouge the soil and pull out grass. A shallow layer of grass clippings will form the mulch to protect grass roots. Instead of burning the leaves, make this the year you start a compost pile.

Like other plants, grass suffers if it goes into the winter without enough moisture. Autumn drought weakens grass and increases the danger of winter damage, especially in years of little snow. If fall rains have been scant and the ground is dry when the first freeze comes, get out your hose and soak the lawn to a depth of several inches.

If you live in the North, take time this fall to fertilize the grass, as food reserves are building

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Photograph: Bill Helms. Field editor: Bonnie Maharam





continued

Fall lawn care

up underground. A handy way to do this is with a gradual release source of nitrogen that allows grass to use the nutrient slowly. (With a soluble nitrogen, all the nutrient is immediately available—which means a feast now and famine later for the grass.) Southern species do well with a spring-summer feeding.

Here's a quick rundown of how to solve some of the most common lawn problems.

Problem: bare spots

Solution: Patching bare areas is like starting a new lawn in miniature. In autumn, the soil is still warm enough for rapid germination, while shorter days and crisp nights conserve moisture so there's less need for watering.

Figure out what caused the bare spot in the first place. Otherwise, a new seeding will likely suffer the same fate. Is there buried trash, "poisoning" caused by spilled chemicals, or an insect problem? Is this a favorite stop for dogs? If the soil has become toxic for any reason, it will have to be dug out and replaced before you seed.

To repair the bare spot, cultivate the soil to a depth of four to six inches, working in a balanced fertilizer. Rake the spot smooth and spread a quality seed over the area, tamping lightly with a spade. Water lightly and continue to sprinkle the area until new growth is established.

Problem: shady spots

Solution: The grass under trees and on the north sides of buildings is often shallow-rooted and susceptible to disease. Trim shade trees to allow sunlight and air to reach the grass. Seed bare spots in early fall with a shade-tolerant cultivar. Let grass in shaded spots grow a half inch taller than the sunny parts of the lawn so more of the grass leaf can catch the sunlight.

Problem: thin lawn

Solution: First, check out possible causes. The culprits could be the same factors that caused those bare spots mentioned earlier. Or the scant lawn could be caused by thatch, the tightly tangled layer of living and dead grass stems, leaf sheaths, and roots that are sloughed off as the grass grows. If the layer is a half inch to two inches, try dethatching. Power-rake your lawn in



early fall while the grass is still growing well. Power rakes and dethatching equipment are usually available through rental service stores. This aerification also brings up soil; when mixed with thatch, the soil speeds thatch decay.

Dethatching is also a great way to prepare the lawn for overseeding. Set the blades of the power rake deep enough to expose the soil so that new seed will lodge in the scratches. Spread the seed with a mechanical spreader at about half the rate shown on the package for seeding a new lawn. Water the new seeding lightly but thoroughly until new growth starts. If the area is small, sprinkle the seed by hand.

Problem: weeds

Solution: Grass thrives in cool fall weather, but weeds don't grow much until warm weather returns in the spring. If there's a thick, vigorous growth of grass in the fall, the weeds will have little room to spread the following spring. So give the grass a boost with a September application of fertilizer and continue watering well until the ground freezes and grass stops growing. Some broad-leaved weeds will continue to thrive with fall rains; this active growth means they'll quickly absorb an herbicide, too.

Resist the urge to pull out dead crabgrass in the fall. All that does is bring to the surface seeds that were too deep to sprout.

Plant your new lawn this fall

Sow bluegrass or fescues in late August or September. Because perennial ryegrasses grow quickly, you can plant them either in the fall or during the first favorable spring weather when the soil is not too moist. Before seeding, smooth out high and low spots in the soil, and remove stones and other debris.

Cultivate the soil to marble-size clods. Use blends of two or more locally adapted, disease-resistant varieties or a mixture of species. If one variety fails to perform properly, the remaining mix can fill in. Broadcast the seed with a mechanical spreader, following the package instructions for the correct amount of seed per 1,000 square feet. Stir the seed in the hopper before starting.

If the soil surface is ideal, seed will fall into cracks and crevices between the small clods where the grass germinates. When planting on a slope, work across the slope—not up and down—so rain or sprinkler water won't wash the seed away.

If you live in the North and can't plant in September, sow the seed later, even though it won't sprout this autumn. November plantings lie dormant through winter, and then the seed is ready to sprout early in spring—probably before soils could be worked.

For Southern lawns, it's best to plant in the spring rather than the fall. Southern grasses should have at least six weeks of growth before going dormant if they are to survive the winter.



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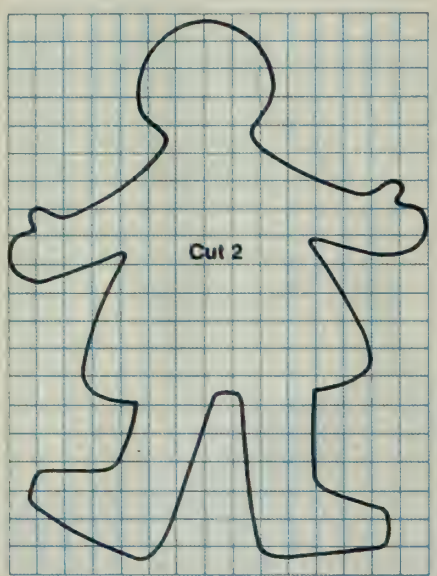
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1. BANDANNA BABIES, page 95

Materials (for 1 doll): Two 22-inch bandannas; polyester fiberfill; ribbon, rickrack, and decorative trim; felt scraps; assorted buttons; fabric glue.

Instructions:

1. Enlarge pattern, *below,* adding ½-inch seam allowances. Cut each shape from 1 bandanna, making the most effective use of the fabric design. (Place the pattern either vertically or on the bias; or, cut the bandanna in half and stitch the 2 pieces together so the outside borders meet in the middle.)



1 Square = 1 Inch

2. With right sides facing, stitch the front and back pieces together, leaving an opening in 1 side of the skirt. Trim seams and turn right side out; stuff and slip-stitch the opening.

3. Use buttons, felt, and decorative trim to decorate the doll.

2. SATIN WREATH, page 96

Materials: ½ yd. green satin; 16-oz. bag of polyester fiberfill; ribbon.

Instructions:

1. Cut three 5x42-inch strips of green satin. Fold each strip in half lengthwise (with right sides facing), and pin the 2 sides together. Sew the top and side seams together, leaving the bottom edge open. Turn right side out, stuff, and slip-stitch the opening.

2. Tack the 3 satin pieces together at one end and begin braiding. Shape the braid into a circle and stitch the ends together.

3. Tie a bow, using several lengths of ribbon to hide the joined ends.

3. BALSA ORNAMENTS, page 96

Materials: ⅛-inch-thick balsa wood; marking pens in assorted colors; single-edge razor blade; utility knife; glue; sandpaper; satin ribbon.

Instructions:

1. Trace simple shapes onto balsa wood. Cut each shape with a razor blade, using a utility knife to cut small shapes and holes for hanging. Sand all edges.

2. Use marking pens to color each ornament as desired.

3. Hang with ribbon.

4. FABRIC BOXES, page 96

Materials: Pieces of plaid and calico fabric; matching lining fabrics; interfacing; ribbon; small buttons; polyester fiberfill.

Instructions:

1. Cut four 3½x3½-inch pieces of fabric; then cut 4 pieces from interfacing and 4 pieces from lining fabric. Pin interfacing to wrong side of fabric.

2. With right sides facing, sew 3 squares together, using a ¼-inch seam. Sew the fourth square to the other 3 squares to form the bottom of the box.

Cut a 3½x7-inch piece of fabric and a matching size piece of interfacing and with wrong sides facing, pin the 2 pieces together. Stitch this piece to the other fabric squares to make the back and top of the box. Turn right side out.

3. Stitch the lining pieces following the instructions, *above.* Stitch a 10-inch piece of ribbon to the 2 side pieces for a bow and stitch a ribbon loop to the top of the box for closing.

4. Stuff the sides and bottom lightly and place the lining inside the box, matching seams. Turn raw edges under ¼ inch and stitch the pieces together. Sew a button to the front of the box for closing and tie a bow at the top.

5. TATTED NOTE CARDS, page 96

Materials: #30 crochet thread or #8 pearl cotton in red, green, and gold; tatting shuttle; white note cards and matching envelopes; clear-drying glue.

Instructions:

(Note: Refer to a book on tatting for complete how-to.)

Here is a list of abbreviations:

ds . . . . . double stitch
r . . . . . ring
cl r . . . . . close ring
p . . . . . picot

1. For poinsettia, wind 8 yds. of red crochet thread on a shuttle to make 6 of the following rings: R of 15 ds, p, 15 ds, cl r. Clip the thread ends.

2. Arrange the rings in a circle in the upper left-hand corner of one note card and glue them in place.

3. Wind 4 yds. of gold crochet thread on a shuttle and make 3 of the following rings: R of 10 ds, cl r.

Glue the gold rings to the center of the poinsettia.

4. For wreath, wind 8 yds. of green crochet thread on a shuttle and make 9 of the following rings: R of 1 ds, p, 2 ds, p, 2 ds, p, 2 ds, p, 2 ds, p, 2 ds, p, 2 ds, p, 2 ds, p, 1 ds, cl r.

Arrange the rings in a circle and glue them to the upper left-hand corner of the note card.

5. Wind 4 yds. of red crochet thread on a shuttle and make 3 of the following rings: R of 10 ds, cl r. Glue the rings to the wreath and add a red bow along the bottom of the wreath.

6. HAND TOWELS, page 96

Materials: White terry cloth hand towels; red, white, and green rickrack in assorted widths.

Instructions:

1. Cut various size pieces of rickrack and tack them to the front of each towel, turning the ends under and making a variety of holiday designs (see photograph on page 96).

2. To join 2 pieces of rickrack, twist the 2 lengths together and shape.

7. EMBROIDERY HOOPS, page 96

Materials: Small wooden embroidery hoops; pieces of lace, crocheted doilies, or other lacy fabrics; ribbon.

Instructions:

1. Secure each piece of fabric inside an embroidery hoop, keeping the fabric fairly taut. Hang the embroidery hoops with narrow satin ribbon.

8. CROSS-STITCH CARDS, page 96

Materials: #14 white Aida cloth; embroidery floss; embroidery hoop; construction paper; fabric glue.

Instructions:

1. Using 3 strands of embroidery

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Just a reminder. We have 1,329 wallpaper patterns on sale now.

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floss, stitch each greeting on a piece of Aida cloth, taking each cross-stitch over 1 thread of fabric. To stitch the border designs, take each cross-stitch over 2 threads of fabric.

2. Trim the fabric carefully and fray the edges. Press the fabric on the wrong side and apply a small amount of fabric glue to each corner.

3. Apply each piece of fabric to a 3½x10-inch piece of construction paper. Fold the paper in half to make a 3½x5-inch note card.

4. Press the note cards between paper towels and weight the cards with a book to dry.

9. SANTA TINS, page 96

Materials: Tin, cardboard, and plastic household containers in a variety of sizes; red, pink, white, and black felt; yarn pompons; white cotton fringe; craft glue.

Instructions:

1. Clean each container thoroughly and remove all labels. Remove the top lid of each container entirely.

2. Cover the outside of each container with red felt, using craft glue to secure the fabric to the container.

For each face, cut a circle of pink felt and glue it to the top of the can, cutting the top of the circle so it is flush with the can.

Trim the face with a single or double row of fringe. Cut the eyes, cheeks, and mouth from felt and glue the pieces in place. Use a pompon for the nose.

3. For each hat, cut a quarter-circle from red felt, sizing it 1½ times the height of the container. Stitch the 2 sides together to make a cone shape. Tack a white pompon to the top.

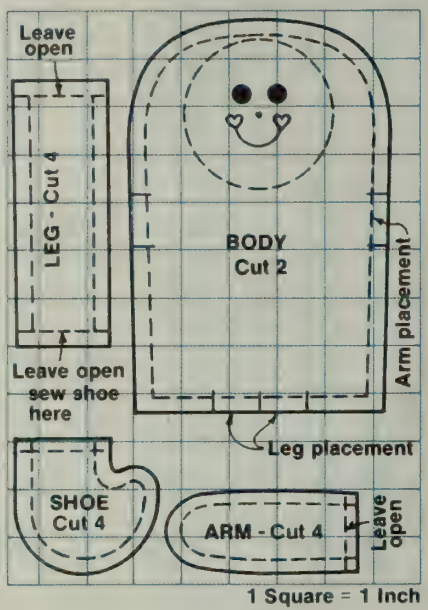
10. HEART DOLL, page 97

Materials: ¼ yd. knit fabric for doll; scraps of knit fabrics for arms, legs, and shoes; 2-oz. skein worsted-weight knitting yarn; white, pink, and black felt; 1-inch belt buckle and small metal grommet; blue bias tape; ribbon; pink embroidery floss.

Instructions:

1. Enlarge patterns, *right above,* and cut the pieces from fabric.

With right sides facing, stitch the shoe pieces to the bottom of the leg pieces. Then, with right sides facing,



stitch the leg pieces together, leaving an opening in each. Turn right side out, stuff, and slip-stitch the openings. Repeat for arms.

2. Cut a white felt circle for the face and stitch it in place to the front of the body. Glue pieces of felt in place for the eyes, nose, and cheeks. Embroider the mouth, using pink floss.

3. Baste the arms and legs to the right side of 1 body piece so they point inward. With right sides facing, stitch the front and back body pieces together, leaving an opening in the top for turning. Turn right side out and stuff. Slip-stitch the opening.

4. Attach the belt buckle and grommet to the bias tape and stitch in place.

5. For hair, wrap yarn around a 30-inch piece of cardboard 5 times. Remove the yarn from the cardboard and tie it in the middle. Place the yarn in the middle of the doll's forehead and tack it in place at 1 end. Loop the yarn over your finger and tack it in place, repeating this procedure until the yarn is secure. Make 7 more yarn wraps and tack them in place, covering the doll's head completely.

11. FELT BANNER, page 97

Materials: Pieces of red, yellow, and blue felt; ⅛-inch-diameter wooden dowel; quilt batting; satin ribbon.

Instructions:

(Our banner measures approximately 10x16 inches but can be adapted to any size.)

1. Cut 1 heart from red felt and 4 wings from yellow felt. With right sides facing, stitch the wing pieces together (making 2), leaving the ends open.

Turn wings right side out, press, and stitch the openings. Add decorative machine stitching, if desired.

2. Cut a piece of blue felt for the background and position the heart and wings on the felt (refer to the photograph, page 97). Place a layer of quilt batting under the heart to give shape.

3. Machine-appliqué the pieces in place by stitching around the heart and catching the wings in the seam.

4. To fringe the bottom of the banner, cut the blue felt into equal-size strips.

5. Turn and stitch the top edge under and cut 3 semicircles across the top. Insert wooden dowel through top edge and hang with ribbon.

12. PAPERWEIGHTS, page 97

Materials: Tin heart molds; air- or oven-drying clay, plaster of paris, or modeling compound; red acrylic paint; paintbrush; clear gloss polymer; decorative stickers or decals.

Instructions:

1. Shape the clay inside each mold and let it bake or dry according to package instructions.

2. Remove the clay hearts from the molds and paint each heart with 2 coats of red acrylic paint. Apply a coat of gloss polymer and decorate each heart with decals.

13. HEART PINCUSHION, page 97

Materials: Pink velveteen; yellow, white, blue, pink, and coral felt; brown embroidery floss; polyester fiberfill; small seed pearls.

Instructions:

1. Cut 2 heart shapes from pink velveteen. Cut facial features from felt and appliqué them to one of the heart pieces, referring to the photograph on page 97.

2. With right sides facing, stitch the heart shapes together, leaving an opening for turning. Clip curves and turn right side out; stuff and slip-stitch the opening.

3. String seed pearls on a piece of thread and secure the strand across the bottom of the heart.

continued



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14. HEART SCARVES, page 97

Materials: Even-weave cotton or muslin fabric in assorted colors; acrylic fabric paints; stencil paper or clear acetate; stencil brush.

Instructions:

1. Preshrink all fabric. Cut 20-inch squares of fabric and fray the edges ½ inch on each side.

2. Cut designs from stencil paper or clear acetate. Place the stencil on top of the fabric and paint the designs, using a stencil brush and acrylic paint.

15. PLACE MAT PURSE, page 97

Materials: Two straw place mats; ½ yd. lining fabric; 1½-inch-wide webbing; carpet thread.

Instructions:

1. Line 1 side of each place mat with fabric, turning raw edges under.

2. With fabric sides facing, use carpet thread to stitch the place mats together along the bottom and 2 sides.

3. For straps or handles, tack pieces of webbing to the top of each mat.

16. HANDBAG, page 97

Materials: ⅓ yd. ivory crepe-back satin; ⅓ yd. iron-on interfacing; ¼ yd. lace trim; ¼ yd. narrow satin ribbon; 2 yds. cording (for strap); decorative bead for ring; embroidery floss; polyester fiberfill; red felt-tip pen.

Instructions:

1. Trace a hand pattern onto brown wrapping paper and add ½-inch seam allowances. Trace the pattern onto satin and iron interfacing to the back of each piece *before* cutting.

2. Cut 2 hand shapes from satin and with right sides facing, stitch the front and back pieces together, leaving an opening along the bottom.

Trim seams and clip curves; turn right side out and stuff lightly. Slip-stitch the opening closed.

3. Use a red felt-tip pen to color the fingernails. Stitch a line between each finger with floss to determine the shape of the fingers. Stitch around each nail through the top layer only.

4. For the cuff, cut a 7x8½-inch piece of satin and fold it in half lengthwise with right sides facing. Stitch ¼-inch seams across the top and bottom and on both sides, leaving a small opening. Turn right side out and slip-stitch the opening.

Gather the bottom edge of the cuff to fit across the bottom edge of the hand; stitch the cuff in place on the back side of the hand. Gather the top edge of the cuff and stitch it to the front side of the hand, adjusting the gathers to fit around the wrist. Stitch the sides of the cuff to the hand.

5. For the pocket, cut a 6½-inch satin square. Follow the instructions for the cuff, *above*, and attach the pocket to the back of the hand.

6. Cut a length of cord in half for the shoulder strap and stitch the 2 pieces to the sides of the hand. Tie the pieces together at the top.

7. Embellish the purse with lace trim, ribbon, and decorative beads.

17. HANKIES, page 97

Materials: Even-weave cotton or linen handkerchiefs with lace edging; blue, red, and pink embroidery floss.

Instructions:

(Refer to embroidery or needlepoint books for a suitable alphabet.)

1. Begin working the monogram in 1 corner of the handkerchief, using 1 strand of embroidery floss. Use the weave of the fabric to determine the size and placement of each cross-stitch.

Or, draw the design onto tissue paper and place the pattern on top of the hankie. Work the stitches according to the pattern and remove the tissue paper when you've finished stitching.

18. HEART HOT MITTS, page 97

Materials (for 2 mitts): ¼ yd. red fabric; ¼ yd. blue fabric; ½ yd. calico fabric (for lining); quilt batting; red and blue bias tape.

Instructions:

1. Draw mitten shape for pattern; cut 2 red, 2 blue, 4 calico, and 4 quilt batting mitten pieces.

2. Cut 4 thumb and finger guards and 4 hearts from calico fabric and appliqué them in place to the red and blue mitts.

3. Place batting between the lining and the appliquéd mitts and baste the pieces together.

With wrong sides facing, stitch the front and back pieces together, leaving the bottom edge open.

4. Fold bias tape in half and stitch it to the outside edges of each mitt.

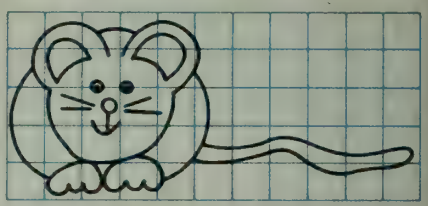
19. ANIMAL PILLOWS, pages 98-99

Materials: Unbleached muslin; #3 pearl cotton in assorted colors; polyester fiberfill; ribbons and trims.

Instructions:

1. Enlarge the patterns, *below*, onto muslin. Embroider the animals in outline stitch, using 1 strand of pearl cotton in your choice of colors.

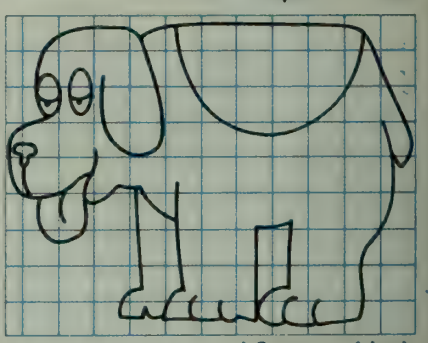
2. Cut out each shape, adding 1 inch all around. Cut matching pieces of muslin for the backs.



1 Square = 1 Inch



1 Square = 1 Inch



1 Square = 1 Inch

3. With right sides facing, stitch the front and back pieces together, using a ½-inch seam allowance and leaving openings for turning and stuffing. Turn right side out, stuff, and slip-stitch the openings. Add ribbons and trims.

20. TEA TOWEL APRON, page 98

Materials: Two windowpane linen tea towels; ¼ yd. lining fabric; #3 red pearl cotton; cookie cutters; nylon fastening tape; 30 inches lace trim.

Instructions:

1. Pleat the entire length of 1 tea towel and baste the folds in place.

continued



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From the second towel, cut the 2 bands off both sides of the towel for shoulder straps. Use the center panel for the apron top. Stitch the straps to the top; then sew the top to the apron skirt. Line the top and straps and apply nylon fastening tape across the back. Edge the bottom of the skirt with lace.

2. Trace cookie cutter shapes onto the top and bottom of the apron and embroider the shapes in outline stitch.

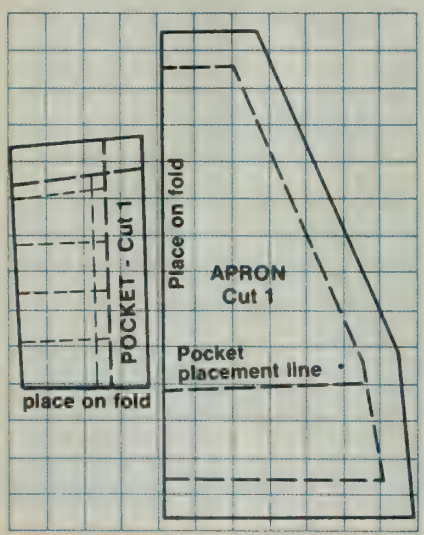
21. CRAYON APRON, page 98

Materials: ½ yd. cotton canvas; blue fabric scraps, 5 feet cording.

Instructions:

1. Enlarge patterns, *below,* and cut from canvas fabric.

Turn the top edge of the apron under ¼ inch, then ¾ inch, and stitch with contrasting thread along the bottom edge. Repeat this procedure for the 2



1 Square = 1 Inch

sides, leaving ends open for casings.

2. For crayon pocket, turn under 1 inch along the top edge and stitch ½ inch from the edge.

With wrong sides facing, stitch the pocket to the apron along the bottom edge, using a ½-inch seam allowance. Trim the seam and turn right side out. Press under side seams and stitch the pocket to the apron along the 2 sides, adding a row of stitching across the bottom. Stitch 7 equal-size pockets.

3. Appliqué a blue bird to the front of the apron. Thread the cording through the top and side casings for a drawstring tie.

22. COW PUZZLE, page 98

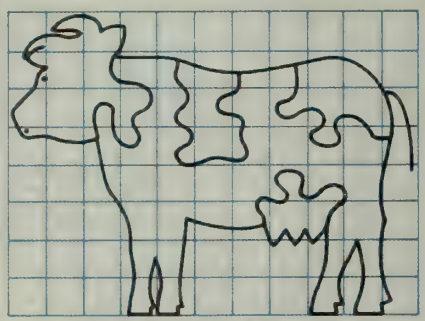
Materials: 1½-inch pine; sandpaper; wrapping paper; glue; liquid dye.

Instructions:

1. Enlarge pattern, *below,* and trace onto lumber. (Puzzles can be made from other animal shapes as well.) Cut each shape carefully, using a jigsaw; sand the edges lightly.

2. If desired, dye some of the wooden pieces with liquid fabric dye. Or, cover the pieces with wrapping paper.

3. Drill holes for eyes and nose. Add a yarn tail.



1 Square = 1 Inch

23. VINYL NOTEBOOK, page 98

Materials: ⅓ yd. of clear vinyl; 2½ yds. of 1½-inch-wide red bias tape.

Instructions:

1. Cut two 9½x12-inch pieces of vinyl for the notebook; cut one 4x5-inch piece and one 4x8-inch piece for the pocket.

2. Sew bias tape across the top of the small rectangle. Stitch the front and back pocket pieces together, adding bias tape to the bottom and side seams.

3. Stitch the pocket to the front notebook piece, adding bias tape across the top. Stitch bias tape to the top of the back notebook piece.

Stitch the front and back notebook pieces together, adding bias tape to the bottom and side seams. Leave the top of the notebook open.

24. MINIATURE CHAIR, page 98

Materials: ½-inch-thick pine lumber; ⅜-, ¼-, and ⅛-inch-diameter wooden dowels; sandpaper; wood glue; clear finish.

Instructions:

1. Cut a 4x5-inch piece of pine for the seat, rounding corners and edges.

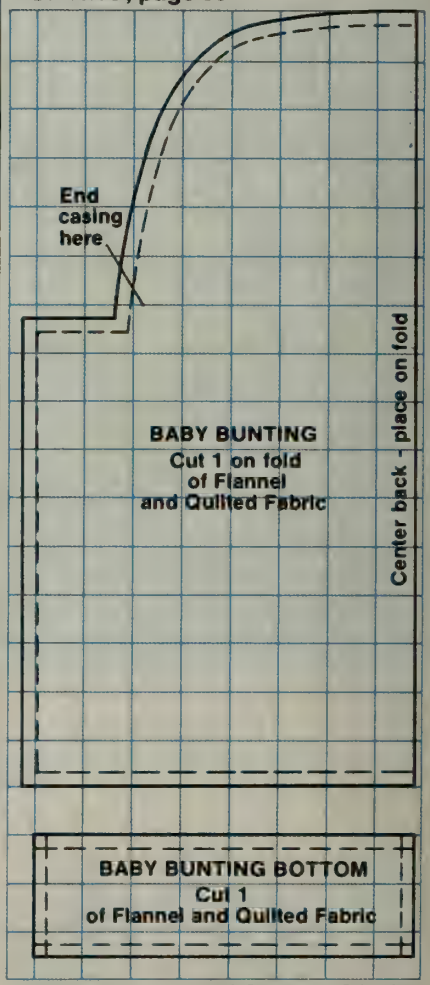
2. Cut four 3-inch-long, ⅜-inch-diameter dowels for the legs and taper the ends, using a pencil sharpener. Join the legs with ¼-inch-diameter dowel crosspieces. Drill 4 holes in the bottom of the seat and glue the legs in place.

3. Drill evenly spaced holes along the sides and back of the seat and insert 2½-inch-long dowels in each hole. Cut a U-shaped piece of pine for the seat back and armrests and drill holes in the bottom to accommodate the 2½-inch-long dowels. Place the piece on top of the dowels and glue it in place.

4. Cut four 3½-inch-long dowels and attach them to the top of the backrest by drilling 4 holes and gluing them in place. Top the 4 dowels with a decorative piece of pine with 4 holes drilled in the bottom.

Finish with clear polyurethane.

25. RECEIVING BLANKET AND BUNTING, page 99



1 Square = 2 Inches

Materials: (*Note:* Yardages are for 44/45-inch-wide fabrics.) 2 yds. flannel; 1 yd. calico fabric; 1 yd. prequilted

continued



Sears Anniversary Sale
August 17-September 13, 1980



Touch of Spring **Sale** $7.99 sq. yd.



Touch of Tenderness **Sale** $11.99 sq. yd.



Touch of Charm **Sale** $12.99 sq. yd.

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One touch and you'll know why Sears called this carpeting the Touch Collection. It's the deep plush of durable 100% nylon pile yarns—heat-set to keep its shape and bounce. All delicately sculptured and carefully dyed to mingle subtle light and dark multicolorations. And now, all beautifully sale-priced, too.

$9.99 sq. yd. is all you need pay for Touch of Pleasure, shown above. A generous 24 oz. of pile to the square yard gives it long-lasting beauty. Save $1* sq. yd. on 10 tasteful multicolors.

Save $1 sq. yd. on Touch of Spring. The most economical style in the Touch Collection. It's 19 oz. of nylon pile. Available in 10 springtime colors.

Save $2 sq. yd. on Touch of Tenderness. This rich 30-oz. pile carpet is treated with SCOTCHGARD® Brand Carpet Protector to help resist dirt and stains. Choose from 17 multicolors.

Save $3 sq. yd. on Touch of Charm. Our most luxurious Touch carpet. It's beautifully fashioned with 36 oz. of Premium Soil-Resistant Nylon to be durable and easy to clean. Treated with SCOTCHGARD® Brand Carpet Protector, too. Available in 15 multicolors.

*This is the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

Sears Where America shops for Value

continued

50 bazaar best sellers

calico fabric; blanket binding; 18-inch zipper; 20 inches of ½-inch-wide elastic.

Instructions:

1. Preshrink all fabric. Cut 36x36-inch pieces of calico and flannel for the blanket. With wrong sides facing, pin the pieces together and quilt.

2. Round each corner and cover the raw edges with blanket binding.

3. Enlarge bunting patterns, page 158, and cut the pieces from fabric. Cut a 3x42-inch piece of flannel for the hood casing. With wrong sides facing, fold the casing in half lengthwise and press. Pin and stitch the casing to the top of the prequilted fabric (leaving ends open) to form the hood. Insert elastic and secure the ends.

4. Stitch zipper to front of bunting.

5. With right sides facing, stitch the bunting to the lining, leaving the center front open. Trim seams, clip corners, and turn right side out. Slip-stitch the lining to the center front.

6. With right sides facing, stitch the 2 bottom pieces together, leaving an opening for turning. Trim seams and turn right side out. With right sides facing, pin and stitch the bottom piece to the bunting, easing the corners.

---

26. CAP WITH EARFLAPS, page 99

Materials: Small amounts of knitting worsted (a total of 4 oz.) in various colors; size H aluminum crochet hook or size to give recommended gauge.

Gauge: 4 sc = 1 inch; 9 rows = 2 inches.

Instructions:

Note: When round is complete, sl st into first st made to join; ch 1 and sc (counts as first sc of round) in joining. When changing colors between rounds, break off color in use before making sl st to join; yo with new color and complete joining. Change colors randomly.

Cap: With 1 strand of any color, ch 5. Sl st to form ring, ch 1 and make 12 sc in ring.

Rnd 1: * 2 sc in sc, 1 sc in next sc. Rpt from * around—18 sc. *Rnd 2:* Work even. *Rnd 3:* Rpt Row 1. *Rnd 4:* Work even. *Rnd 5:* * 2 sc in sc, sc in each of next 2 sc. Rpt from * around—36 sc. *Rnd 6:* Work even. *Rnd 7:* Rpt Row 5—48 sc. *Rnds 8 and 9:* Work even. *Rnd 10:* * 2 sc in sc, 1 sc in each of next 6 sc—56 sc. *Rnd 11:* Work even. *Rnd 12:* * 2 sc in next sc, sc in each of next 7 sc—64 sc. *Rnd 13:* Work even. *Rnd 14:* * 2 sc in next sc, sc in each of next 8 sc—72 sc. Work even over 72 sts until 29 rnds have been completed; fasten off.

Right earflap: Mark center of back. With right sides facing, attach yarn along bottom edge of cap in the 13th st from the left of the center mark. Ch 1, sc in same sc as joining and in each of next 11 sc—12 sc; ch 1, turn. Work even on 12 sc for a total of 6 rows. *Dec row:* Sc in first sc, *insert hook through next sc, yo and draw through lp, insert hook through next sc, yo and draw through lp, yo and draw through all 3 lps on hook*—dec made, sc across to last 3 sc, make a dec over next 2 sc, sc in last sc—10 sc. *Next row:* Work even. Rpt last 2 rows until 4 sc rem. Work 2 rows even, fasten off.

Left earflap: With right sides facing, attach yarn along bottom edge of cap in the 24th sc from the right of the center mark. Work as for right earflap.

Trim: Attach contrasting yarn at center mark. Work right sides facing, ch 1, sc in joining and in each sc across to flap; sc in end of each row of flap, make 3 sc in corner of flap, sc in each of first 2 sc along bottom edge of flap. Do not fasten off. *Tie:* Ch 41; turn; sl st back across in each ch to earflap; sc in rem 2 sts along bottom edge of flap. Continue sc around, repeating steps on other earflap; fasten off.

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27. WALL HANGING, page 99

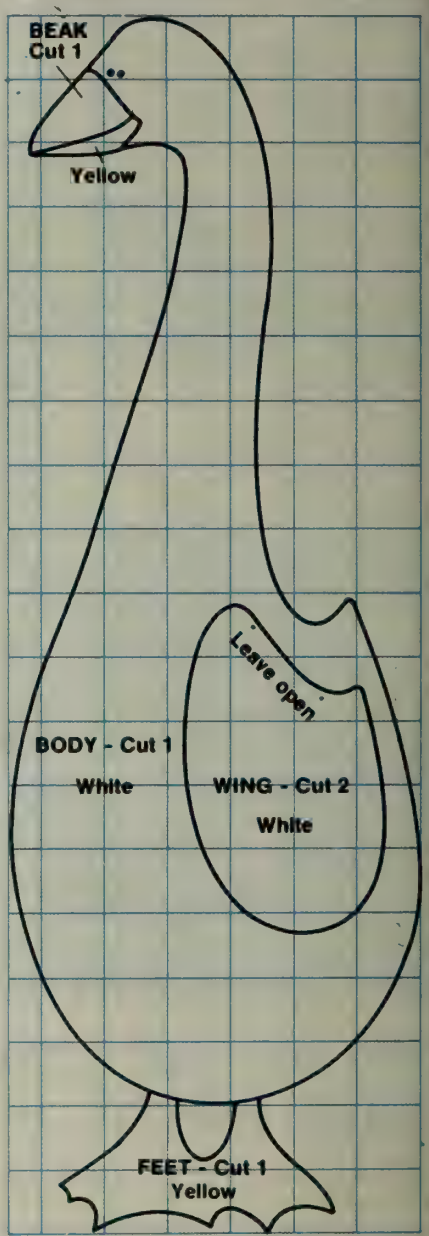
Materials: (*Note:* Yardages are for 45-inch-wide fabric.) ¼ yd. yellow fabric; ⅓ yd. white fabric; ¾ yd. blue fabric; red fabric scraps; 2½ yds. bias tape; quilt batting; 2 small buttons; ¼-inch-diameter wooden dowel.

Instructions:

1. Enlarge pattern, *right,* and cut the shapes from fabric. Cut a 15x26-inch piece of blue fabric for the quilt top and 19x30-inch piece of blue fabric for the backing. Cut pieces of batting for the wing, body, and backing.

2. Baste batting to the wrong side of the wing and with right sides facing, sew the front and back pieces together, leaving an opening for turning. Turn right side out, press, and slip-stitch the opening. Quilt around the edges and attach the wing to the body.

3. Baste batting to the body piece and appliqué the goose to the quilt top.



Appliqué the beak and feet in place and quilt around the wing. Add 2 small buttons for eyes.

4. Cut and piece yellow and white triangles for the 2-inch-wide goose track border (refer to quilt books for goose track pattern). Add red squares at the 4 corners.

5. Place batting between the quilt top and backing and quilt the border as desired. Add 2 rows of quilting around the goose.

6. Trim the edges with bias tape and add a casing to the back for hanging.

continued



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Where America shops for Value

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continued

50 bazaar best sellers

28. SHIRT PILLOWS, page 99

Materials: Child-size cowboy shirts (use shirts that have been outgrown); polyester fiberfill; embroidery floss.

Instructions:

1. Turn each shirt wrong side out and stitch the sleeve openings closed. If desired, cut off the cuffs and stitch them to the front of each shirt.

2. Turn right side out and stitch the front and neck openings closed.

3. Stuff firmly with fiberfill and slip-stitch the openings closed, making a straight seam across the bottom.

Embroider the yoke and pockets.

29. WOODEN HORSES, page 99

Materials: 1½-inch-thick lumber or solid-core door; 4 wooden beads or 1½-inch-diameter wheels; ¼-inch wooden dowels; yarn for mane and tail.

Instructions:

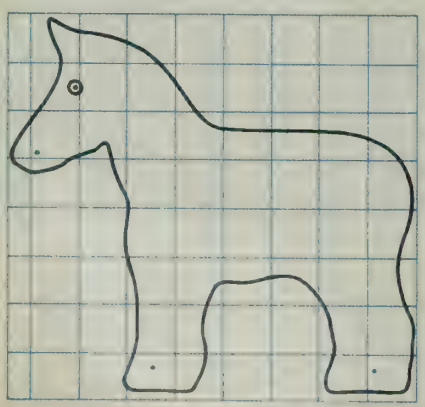
1. Enlarge pattern, *below,* and trace onto lumber. Use a jigsaw to cut.

2. Drill a ⅛-inch-diameter hole for the nostrils (see pattern).

For the eyes, drill a ¼-inch-diameter hole through the wood as shown.

3. Sand all rough edges and finish the wood as desired.

4. Drill a hole in the bottom of each leg to accommodate the dowel axles.



1 Square = 1 Inch

Insert the dowels and glue wheels to either side of the legs.

5. Cut pieces of yarn for the mane and tail; wrap the pieces together, and attach them to the wood with screws.

30. SOCK BUNNIES, page 99

Materials: Men's large white socks (1 for each bunny); polyester fiberfill; embroidery floss; button eyes; fabric scraps; ribbon; white pompons for tails; light-gauge wire for ears.

Instructions:

1. For ears, turn sock inside out and sew a narrow V shape in the foot of the sock (7½ inches for the large bunnies and 4 inches for the baby bunnies). Cut and turn right side out.

2. Use top of sock for arms and legs. For large bunnies, legs are 2x3 inches and arms are 2½x3½ inches. For small bunnies, arms are 2x2½ inches and legs are 1½x2½ inches.

With right sides facing, stitch arm and leg pieces together, leaving an opening to the top. Turn right side out and stuff; slip-stitch openings.

3. Stuff each body so the heel of the sock forms the face. Tie string at the base of the ears and around the neck to form the head and body. Stitch the bottom closed.

4. Embroider faces and sew button eyes. Insert a piece of wire in each ear.

5. For boy bunny, cut two 5½x11-inch pieces of fabric for the jacket. With right sides facing, stitch the 2 pieces together; turn right side out.

For sleeves, cut two 3½x5-inch pieces and hem the ends. Fold the pieces in half and with right sides facing, stitch the top and sides. Turn right side out, insert the arms through the sleeves, and stitch in place on the jacket. Add a collar and a ribbon bow.

6. Cut orange and green felt shapes for the carrot, stitch the pieces together, and stuff lightly. Stitch legs and pompon tail in place.

7. For girl bunny, cut a 4½x20-inch piece of fabric for the skirt. Sew the hem and trim with lace.

For apron, cut two 3½-inch fabric squares and with right sides facing, stitch the front and back pieces together, inserting lace trim. Turn right side out; stitch apron to the skirt.

8. Cut a 4x10-inch rectangle for the bodice and with right sides facing, pin and stitch the bodice in place.

Follow instructions, *above,* for arms, legs, and sleeves. Embroider the face and add a carrot and pompon tail.

9. For baby bunnies, follow instructions, *above,* and adjust the size of the clothing.

31. ANKLET DOLLS, page 99

Materials: Infant-size cotton socks; polyester fiberfill; embroidery floss; ribbon; felt and other fabric scraps.

Instructions:

1. Stuff cotton sock until you reach the cuff. Tie the sock into 2 equal-size sections, using floss or string. Turn down the cuff and stitch it to the head.

2. For baby, gather cuff at the crown and top with a pompon. Embroider eyes, mouth, and buttons and tie a bow around the neck.

3. For angel, remove cuff and cut it in half lengthwise. Fold 1 piece into a narrow rectangle and tuck the raw edge under. Tie the middle with thread and stitch it to the body in an upside down V for arms. Embroider the face and cover the head with coils of metallic thread. Make a halo from brass wire and stitch it to the back of the head. Cut wings from felt and attach them to the back of the angel.

4. For bride, remove the cuff and make arms, following instructions, *above.* Tack small flowers in place and gather eyelet around neck for a dress. Attach lace trim to the head for a veil. Embroider the face and hair.

5. For clown, gather the cuff at the crown and top with a pompon. Embroider the face and attach pompon nose. Add 2 ruffles around the neck.

32. NEEDLEPOINT SIGNS, page 100

Materials: 12-count interlock canvas; 3-ply Persian wool yarn; pieces of felt; grosgrain ribbon.

Instructions:

1. Work the needlepoint on 12-count canvas, following the diagrams on page 171. (Do *not* work the backgrounds.) Trim the canvas close to the stitching.

2. Cut white felt backings with pinking shears and baste the felt to the back of the canvas.

3. Cut and glue pieces of grosgrain ribbon to the back of the white felt, making a loop for hanging.

4. Cut felt shapes of graduating sizes and glue them to the white backings.

33. PLANT PINCUSHIONS, page 100

Materials: Green and red calico fabrics; polyester fiberfill; pipe cleaners.

Instructions:

1. Cut 2 flower shapes; with right sides facing, stitch the pieces together, leaving an opening for turning. Clip curves and turn right side out. Stuff, and slip-stitch the opening.

continued on page 171



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begins on page 102

Fall berried shrubs

partial shade. Mature hollies produce quantities of red or black berries, but because most varieties have separate sexes, you'll need to plant both a male and female for berry production. The foliage remains on the plants all year long. Two good varieties are Chinese and Japanese. Blue Prince, Blue Princess, and Blue Angel are three cold-tolerant varieties.

Honeysuckle. Of all the berry-producing shrubs, the shrub honeysuckles are the most vigorous. They grow quickly in any type of soil and are relatively insect and disease free. Honeysuckles produce slightly fragrant pink, white, or red flowers in the spring followed by small fleshy red or black berries in late summer and fall. Mature plants may be 12 to 18 feet tall, although there are a few dwarf varieties suitable for small gardens. Use honeysuckle in screens and windbreaks or as specimen plants. Plant it in full sun. Good varieties include: Amur, Tatarian, Clavey's Dwarf, and Winter.

Pyracantha. The pyracantha or fire thorn is occasionally classified as a vine because of its low-growing nature. Mature plants produce clusters of small white flowers in the spring followed by red or red-orange berries in the fall. All species have thorny branches and make excellent barrier hedges. Mature plants are six to 15 feet long. Plant pyracantha in a sunny location with well-drained soil. Two good varieties are Gibbs and Scarlet.

Viburnum. Although not widely known, the viburnum family contains some of the most attractive and useful fall berried shrubs. Viburnums are ideal for shrub borders and as specimen plants and are so hardy they will grow practically anywhere. Mature plants can be six to 18 feet tall depending on variety. All species are covered with white or whitish pink flowers in the spring followed by bird-pleasing black, red, yellow, or blue berries in the fall. Viburnums grow in full sun or partial shade in well-drained soil. Good species include: fragrant snowball, highbush cranberry, Japanese snowball, and nannyberry.

How to revive an old paintbrush

If cleaned and stored properly, quality paintbrushes will see you through years of painting jobs. But if you have several old brushes that have been mistreated, don't throw them away. Chances are they can be restored. Here's how to do it:



Neglected brushes usually have one of the three common problems shown here. The brush on the left simply wasn't cleaned after use; the brush in the center was cleaned hastily and dried paint was left in the heel; the brush on the right was cleaned, but the bent, flyaway bristles indicate it wasn't stored correctly.

Improperly cleaned brushes can usually be restored by soaking them in the right solvent. Loosen hardened oil-base (or alkyd) paint with a good solvent (use the product recommended by the manufacturer of the paint) or with a special brush softener. Caked-on water-base (or latex) paint sometimes can be removed by boiling the brush in vinegar.

When you soak a paintbrush, don't rest it on its bristles. Instead, suspend it in the solvent by inserting a dowel or piece of wire through the hole in the handle of the brush (drill a hole, if necessary). The dowel should be long enough to rest on opposite sides of a tall juice can.

Let the brush soak 15 to 20 minutes, then comb out the loosened paint with a paintbrush comb. (You can purchase one at any paint supply store.) If you can't clean out all of the old paint right away, continue soaking the brush until you can. Be sure to remove hardened paint caught in the heel. Soften and scrape dried paint off the handle of the brush, too.

When all of the old paint has been removed, wash the brush in warm, soapy water and rinse. Comb out the bristles so they lie flat and smooth (this will help prevent flyaway bristles) and let the brush dry. Or dry it by using one of the spin dryers now available for paintbrushes.

Brushes with flyaway or bent bristles should be soaked for several minutes in the proper solvent or in brush softener, then wrapped in aluminum foil. Let the brush hang for 48 hours, then comb the bristles straight. Wash the brush with detergent, rinse, and dry. You may not be able to restore a brush with badly bent bristles. If, for example, the brush has been stored for a long time resting on the bristles, they are probably permanently damaged.

Wrap all of your cleaned brushes in aluminum foil or heavy brown wrapping paper secured with string. Hang or lay them flat to store.



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Is your house adequately wired?

If you're dubious about your home's wiring, there's one surefire way to test it. Turn on all the lights and other electrical devices at the same time. If you blow a fuse or flip a circuit breaker, your wiring needs work.

The next step is to have an electrician estimate the cost to fix the problems. And while he's there, ask him to help you anticipate future needs.

Replacing your service entrance

If you have an older house, you may have to replace the main electrical service entrance. This entrance consists of the wires connecting your house to the power company's cable and the box containing your main switch and fuse box or circuit breakers. In the 1950s and 1960s before the advent of modern electrical work-savers, 60-100 ampere service entrances were installed in many houses. Today anything below 125 amperes is considered inadequate, and 200-amp entrances are recommended for all new installations.

However, inadequate power doesn't mean that you must replace your service panel and completely rewire your home. You may just need to update your wiring by adding some branch circuits so that the load will be evenly distributed. First find out if your local building code permits you to do your own wiring. Many communities will allow you to install new circuits up to the service entrance panel, but require a licensed electrician to complete the final hookup.

Recircuiting your electricity

Before you attempt to add any new circuits, check the main service panel to see if there is room for them. Also check with your utility company to make sure the lines leading into your home have the capacity to deliver the extra power the new circuits will require. Now work out an efficient circuitry plan to feed various appliances and lights. Try to plan so that lighting circuits are kept separate from heavy-duty circuits in the kitchen and laundry areas. One widely accepted practice is to put major appliances, such as the freezer, range, dishwasher, and clothes washer, on individual circuits. While updating your wiring, it's also practical to install extra outlets.

Playing it safe

Don't skip or postpone electrical updating or do a piecemeal job. Faulty wiring is one of the major causes of house fires. Electrical fires, which start inside wall space, often smolder and then break out at night or when nobody is at home. While adding branch circuits is a relatively simple task that most do-it-yourselfers can handle, don't try major electrical repairs or improvements yourself. And before you undertake any electrical work, check your home insurance policy. Some companies void your fire insurance policy unless a licensed electrician does the work.

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Privacy fence with a select view

Like many city dwellers, these homeowners had a double-barreled problem: a backyard with no scenery and no privacy. They wanted a view of more than just the backsides of surrounding houses and garages, yet they also needed a buffer against neighborhood scrutiny.

Their solution: a high wood screen that fences in the small brick patio just off the kitchen/dining area. The slatted fence protects the owners' privacy while providing a handsome backdrop for the flower-bordered patio area, *left*. Now the family has a pleasant, secluded place to relax outdoors.

A circular cutout gives the fence its "something special" look. The porthole focuses the view from the kitchen, *right*, on the garden and bench at the rear of the property.





Landscape Architect: James L. Skerritt, Jr. ASLA
Field editor: Ruth Martin

You can build a fence like this from redwood or any of the preservative-treated woods. Sink the posts below the frost line. Set the 4x4 uprights in concrete, then connect them with 2x4 horizontal rails. Space the 1x2 slats according to the degree of privacy you want. The circular cutout can be any size your view dictates. To simplify assembling the cutout section, lay out the 1x2s and scribe the circle. Cut the arcs in each 1x2 before fastening the slats to the fence rails.

My Feet Were Killing Me...Until I Discovered the Miracle in Germany!

It was the European trip I had always dreamed about. I had the time and money to go where I wanted—see what I wanted. After a few days of sightseeing my feet were killing me. While everybody else was having a great time, I was in my hotel room.

The whole trip was like that until I got to Hamburg, Germany. There, by accident, I happened to hear about an exciting breakthrough for anyone who suffers from sore, aching feet and legs.

This wonderful invention was a custom-made foot support called Flexible Featherspring. When I got a pair and slipped them into my shoes my pain disappeared almost instantly. The flexible shock absorbing support they gave my feet was like cradling them on a cushion of air. I could walk, stand, even run. The relief was truly a miracle.

Over a quarter million men and women who once suffered crippling discomfort and pain just like yours have found blessed relief with these revolutionary shock absorbing supports. So can you. Too good to be true? Let Featherspring wearers from across the nation speak for themselves.

"Featherspring Are a Miracle!"
"I'm a nurse and on my feet all day. I used to go to foot doctors every 6 weeks to have my calluses and corns removed. I have not been to one since wearing Featherspring!"
R.B., Champaign, Ill.

"My daughter from Illinois was in agony when she had to walk a block. Now she can walk a mile and still smile. She sold me on Featherspring. Mine came and thank goodness, I can go shopping in something besides sneakers."
M.B.C., Elmira, N.Y.

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Of course you may be skeptical. Many of our most enthusiastic boosters were too—until they actually try these custom-made supports. S.V.C. of Medford, Ore., writes: "I inquired about your corporation through (a Consumer Protection Agency) and you received an *excellent* report. And B.D. of Whitmore Lake, Mich., says, "The bone doctor said it was the best thing I did to get the foot supports to wear in my shoes. He said as long as I get around the way I do I don't need an operation on my toe joints."



J.C.L. of Sykesville, Md., reports a similar experience. "About 10 years ago a podiatrist had supports specially made for my problem. There was very little relief. I had reservations about ordering yours . . . I just wish I had had this blessed relief much sooner. My orthopedic surgeon and my general surgeon are very impressed with my relief from pain."



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1913–1980

With the grape harvest upon us, it seems a fitting time to reflect upon my father, for this was his favorite time of the year.

To him, the harvest meant more than gathering the fruit of his labor. It wasn't the end of the growing season, but the beginning of a new vintage, filled with the promise of the future. I've no doubt it was this positive philosophy that made him the man he was.

During the last several months of his life, when he was quite ill, I spent time with him each day at his home on the hill above the winery. What amazed me – and inspired me – was that, even as his time was coming to a close, he saw only the future. The winery founded by his father and passed down to him would now pass to a new generation of Sebastianis. The family tradition was continuing and that gave him great peace of mind.

August Sebastiani was a great winemaker, but I remember him mostly as a good, honest man who loved his life and lived it well.

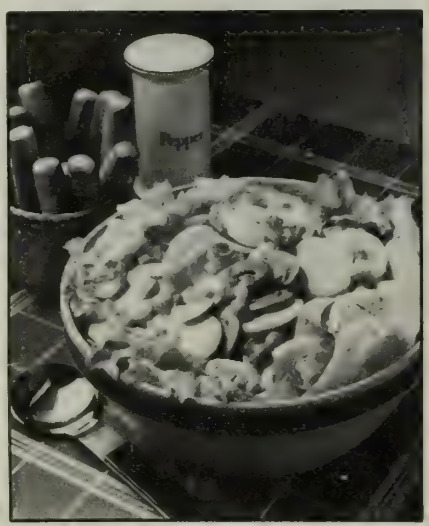
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Those staples on your pantry shelves can be the start of some exceptional spur-of-the-moment salads. Our easy no-cook Dilled Potato Salad and Antipasto Salad are chock-full of canned vegetables from the cupboard. Just toss them together, chill, and serve.



DILLED POTATO SALAD

Dillweed adds a hint of summer freshness to the canned ingredients—

- **2 16-ounce cans sliced potatoes, drained**
- **1 8-ounce can peas and carrots, drained**
- **1 2½-ounce can sliced mushrooms, drained**
- **1 2-ounce jar sliced pimiento, drained**
- **⅓ cup mayonnaise *or* salad dressing**
- **1 tablespoon vinegar**
- **2 teaspoons prepared mustard**
- **½ teaspoon salt**
- **½ teaspoon dried dillweed**
- **Dash pepper**
- **Leaf lettuce**

In large bowl combine the sliced potatoes, the peas and carrots, the sliced mushrooms, and the sliced pimiento.

In a small bowl combine mayonnaise or salad dressing, vinegar, prepared mustard, salt, dillweed, and pepper. Pour the mayonnaise mixture over the potato mixture and toss lightly to coat the vegetables. Cover and chill salad thoroughly.

Just before serving, turn the chilled potato salad into a lettuce-lined bowl. Makes 6 servings.



Photographs: Dieter

ANTIPASTO SALAD

Look for pepperoncini (Italian-style pickled peppers) in the pickle section at your grocery store or at an Italian specialty shop. If you can't find pepperoncini, use pickled chili peppers—

- **1 8-ounce can cut Italian green beans *or* cut green beans, drained**
- **½ of a 15-ounce can garbanzo beans, drained**
- **½ cup sliced pitted ripe olives**
- **½ cup sliced pepperoncini**
- **1 2-ounce can sliced pimiento, drained**
- **⅓ cup olive *or* salad oil**
- **2 tablespoons lemon juice**
- **1 teaspoon dried oregano, crushed**
- **¼ teaspoon salt**
- **⅛ teaspoon garlic powder**
- **⅛ teaspoon pepper**
- **Bibb lettuce**

In medium bowl combine Italian green beans, garbanzo beans, olives, pepperoncini, and pimiento.

In screw-top jar combine oil, lemon juice, oregano, salt, garlic powder, and pepper. Cover and shake well. Pour over the vegetable mixture; toss gently to coat. Cover and refrigerate several hours or overnight, stirring occasionally. To serve, drain vegetables. Serve on lettuce-lined plates. Serves 6.

A fireplace face-lift

When this homeowner set about reactivating her living room's shallow, inoperative fireplace, she decided to give the fireplace a dramatic face-lift, too. Here's how she did it:





Photographs: John Rogers. Designer: Gay Stanford
Field editors: Barbara Sims/Linda Magazzine

The clean lines of the fireplace wall, *right above*, are a far cry from the jumble of woodwork and tile that they replaced, *left, above*.

This fireplace project got its start because the old fireplace was not deep enough to burn properly. Extending the facing to accommodate a larger firebox solved that problem.

Then the homeowner redesigned the facade. Rather than give it the same sharply rectangular look of the old facade, she cut drywall so that two gentle curves flare out at the lower edges of the facade to meet the molding that substitutes for a mantel.

Below the mantel-like front moldings, the fireplace face was also bricked to make it match the new 21½-inch-deep hearth.

Six different kinds of standard decorative moldings were used to define the fireplace opening and the pseudo mantel. By gluing and nailing together the various profiles, the homeowner made the moldings echo the strong lines of the beams and large-profile ceiling moldings overhead.

The owner also removed the old cabinets on either side of the fireplace to unclutter the corner areas that flank the fireplace. But she decided the leaded-glass cabinet doors were too beautiful to scrap so she salvaged the glass sections and reused them as windows, framed by heavy moldings, on the face-lifted fireplace wall.

Once the structural changes had been made, the owner focused on surface treatments to capitalize on the clean, new look of the living room. The old carpet was stripped away to show off the room's hardwood floor. Walls and ceiling received matching color treatments, and the moldings were painted bright white for extra punch.



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Removing stains from wool upholstery

Ugly stains needn't spell the end of your handsome wool upholstery if you treat them quickly and correctly. Here's how:

Always treat stains on wool upholstery as soon as possible. Blot a liquid stain with paper towels, tissues, or absorbent cloth. Stroke lightly from the outer edge toward center to prevent spreading the stain. Remove solids by scooping them up with a knife or spoon. If upholstery is burnt or scorched, brush damaged fibers from surface.

Next, using a sponge or clean cloth, apply the correct treatment listed below according to stain type. Be careful not to overdampen the fabric; work toward the center of the stain to prevent spreading. If the first treatment doesn't remove the stain, try the second and third treatment steps listed on the chart.

Once the stain is removed, blot area with a clean, damp sponge. Then dry the treated area quickly with a small hair dryer or an electric fan.

If you're unable to remove the stain, consult a professional cleaner.

Treatments

The chart above will help you decide which treatment to use for which stain. Before you use any of the nine cleaning solutions listed, pretest it on an inconspicuous area of your upholstery to make sure the treatment doesn't damage the dye colors or fibers.

1. solution of one teaspoon each of wool detergent and white vinegar and 1½ quarts of water
2. dry cleaning fluid, lighter fuel, or mineral turpentine
3. methylated spirits
4. hydrogen peroxide
5. dye stripper (dilute 50 to 1 with cold water)
6. chewing gum remover
7. warm water
8. cold water
9. absorbent powder (salt or talc); sprinkle on spillage, leave overnight, vacuum next day

Type of stain	Order of treatment		
	1st	2nd	3rd
Blood	8	5	
Burn or scorch	4		
Chewing gum	6		
Chocolate	1	2	
Coffee or tea	2	8	1
Cream, crayon, furniture polish, lipstick, grease	2	1	
Ink—ball-point	3	1	
Soft drinks	7	1	4
Wine—red	9	7	5
—white	1		

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How to buy a mattress for a platform bed

The platform bed is one of the brightest newcomers to today's bedrooms. In response to the popularity of this streamlined look, most major bedding manufacturers now offer mattresses that are specifically made for the platform bed. Here's some information about these new mattresses, plus guidelines to help you make a wise and comfortable choice.

Construction: platform vs. regular

Don't try to put a regular mattress on the rigid plywood base of a platform bed. The result will be no more comfortable than a mattress on the floor. In addition, rubbing against the hard base will cut the life of a standard bed mattress in half.

The new mattresses are designed to conform to the slim, low look of the platform bed. Because they don't have traditional box springs for support, they compensate with more resilient and durable construction than regular mattresses have.

Some platform mattresses have innersprings, or individually pocketed coils, that work as a foundation for thick layers of special-density polyfoam. Inner tufting between layers also adds durability. One mattress is made with 67 percent more wire in its coil convolutions than a typical standard mattress has.

Other platform mattresses rely on a special laminated-foam construction, with layers of different density, to make up for the lack of shock-absorbing springs. Thick, firm polyurethane layers may be sandwiched between outer layers of special high-resiliency polyurethane. Quilted covers, stitched to still more layers of foam, may be added to provide uniform support.

Cost and availability

Prices for the specially designed mattresses range from around $160 to $220 for twin sizes, $230 to $320 for queen sizes, and $360 to $420 for king sizes. If these prices seem high, remember that you're buying a foundation and mattress all in one. Most of the mattresses carry ten- to 15-year warranties.

Unfortunately, the actual purchase of a platform bed mattress may not be an easy task. Bedding companies have lagged behind bed manufacturers in production of the new mattresses. You may have to do some shopping around in your area, or have your local retailer place a special order.

Other low beds

Also new on the scene are island or sandbox beds. These freestanding beds have the platform look, and they also have recessed bases and frameworks in which box springs can be concealed. With this type of bed, you can use a standard mattress.

Checkpoints

When you shop, ask what's under the mattress cover. If the salesperson can't tell you, ask to see a catalog or brochure from the manufacturer.

Always read the hangtag and label. These will tell you if the mattress is meant for use on a platform bed.

Ask about warranties. If there is one, it should be in writing.

Test the platform mattress just as you would a regular mattress. Is it too hard or too soft? Do you roll to the middle? Don't just punch the mattress with your hand—take off your shoes and lie down. If you can feel a space between the bottom of your spine and the mattress, the unit is firm enough to keep your spine in line. Roll around a bit as you would in your sleep. Does the mattress have sag-free sitting support for the edges? Does it have handles for turning?

And finally, shop for familiar brand names in bedding. Most established mattress manufacturers will stand behind their products, as will reputable local dealers. BH&G



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See the DACOR Space Saver at your better appliance stores or contact us for the name and location of your nearest dealer.

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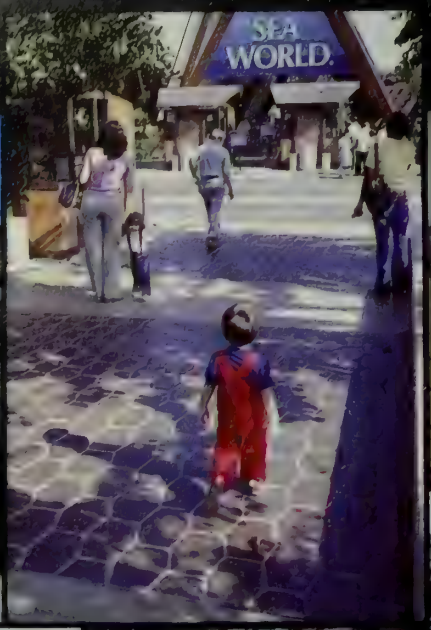
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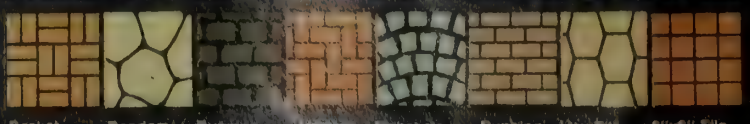




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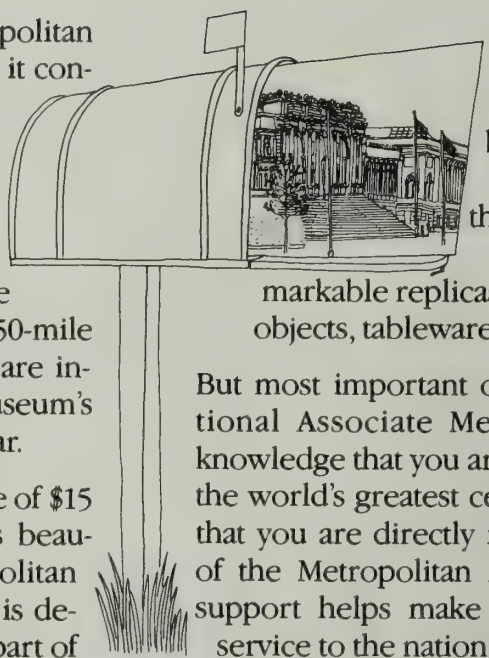
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SF/W/5

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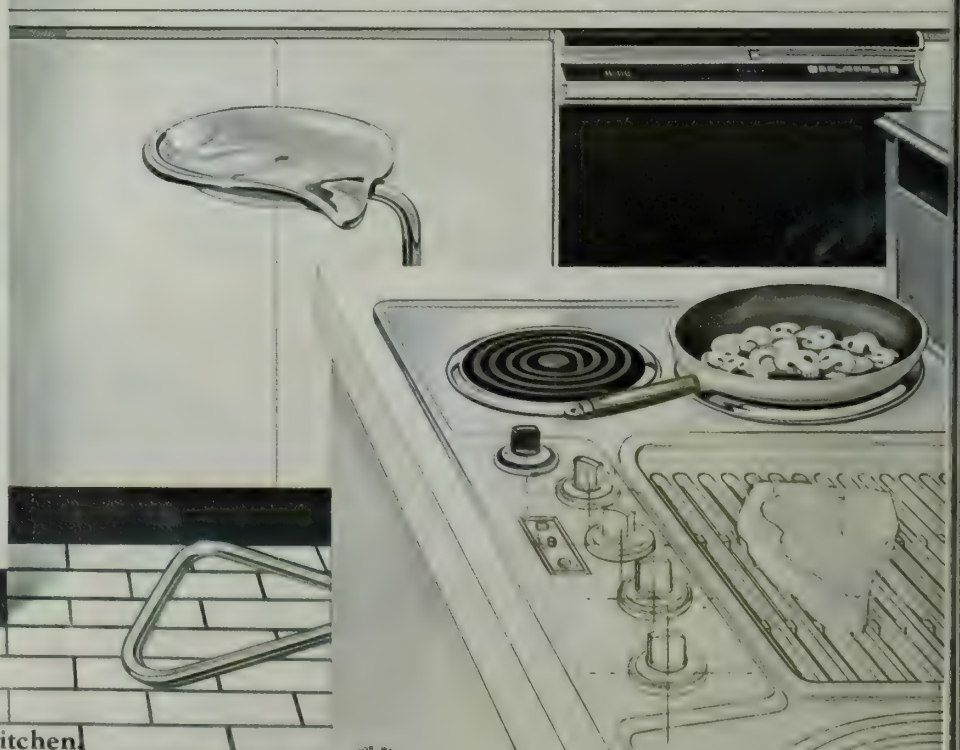
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Biscuits and Muffins

Fruit Salads

Are biscuits and muffins your specialty for breakfast, brunch, or dinner? Do you have an intriguing idea for a refreshing fruit salad? Send us your recipes—you could be a winner next April. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next April. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Biscuits and Muffins

Enter any variation of a traditional biscuit or muffin. Your recipe might start from scratch, or from a biscuit or muffin mix, or refrigerated biscuits. Tips: **cheese-filled cranberry muffins, caraway sourdough biscuits, wheaty chocolate muffins.**

Fruit Salads

Your recipe entry can be a new idea for tossed, molded, frozen, or arranged salad. You can feature any fresh, frozen, canned, dried, or candied variety of fruit. Hints: **kiwi tangerine salad, hot sweet 'n sour pineapple boats, fruit cocktail-yogurt mold.**

THIS MONTH'S WINNERS

(See recipes on pages 131 and 132)

Cooks-of-the-Month

Mrs. Elaine J. Krantz, Berkeley Heights, N.J.
Mrs. G. V. Pedersen, Grand Island, Neb.

Runners-up

Mrs. Loren D. Martin, Knoxville, Tenn.
Helen Harrington Panuska, Union Dale, Pa.
Kayleen L. Sloboden, Puyallup, Wash.
Marcella R. White, Pensacola, Fla.

Honor Roll

Gail Arno, Colorado Springs, Colo.
Theresa Joos, Eagan, Minn.
M. Kelly Lombardi, Machias, Me.
Carol Potera, Denver, Colo.
Mrs. Marilyn Robinson, Parkersburg, W. Va.
Mrs. Bonnie Savant, Brevard, N.C.
Jean Sunderland, Dayton, Wash.
Anne Umscheid, Potomac, Md.
Mrs. Joy Von Achen, Sutter Creek, Calif.
Kathleen Wilder, San Mateo, Calif.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "April Biscuits and Muffins" or "April Fruit Salads."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, September 30. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8009 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**



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Belfast	232	Leicester	533
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Bradford	274	London	1
Bristol	272	Manchester	61
Cardiff	222	Newcastle-on-Tyne	632
Coventry	203	Nottingham	602
Derby	332	Plymouth	752
Dudley	384	Portsmouth	705
Dundee	382	Sheffield	742
Edinburgh	31	Southampton	703
Glasgow	41	Stoke-on-Trent	782
Hillington	4856	Sunderland	783
Huddersfield	484	Walsall	922
		Wolverhampton	902

Bell System

continued from page 162

50 bazaar best sellers



Needlepoint Signs

COLOR KEY
- Light Green
- Olive Green
- Green
- Pink
- Light Pink
- Brown
- Yellow
- Yellow Back-stitch

1 Square = 1 Stitch



COLOR KEY
- Red
- Yellow
- Yellow Bargello Stitch
- Red Bargello Stitch

1 Square = 1 Stitch

2. Cut and piece 2 leaves, following instructions for the flower, page 162.

3. Attach the leaves to a pipe cleaner stem and join the stem to the flower using an overcast stitch.

4. Cut cactus pieces from green calico, referring to the photograph on page 100. Stitch and stuff the individual pieces, then attach the small pieces to the main body of the cactus.

5. Place the plants in clay pots and fill with small decorative stones.

34. COILED POTS, page 100

Materials (for 3 pots): ½ yd. each of 8 or more blue and white fabric prints; 30 to 45 yds. upholstery cording; quilt batting.

Instructions:

1. Measure around the cording and add 2½ inches to determine width of bias strip. Cut and piece bias strips.

2. For base of pot, cut 2 fabric circles and 1 circle from batting, adding ½-inch seam allowances. Place batting between fabric and quilt.

3. Using the cording foot on your sewing machine, sew bias strips around entire length of cording. Cut a piece of cording the circumference of the quilted circle, adding 1 inch for seam allowance. Stitch the piece to the base of the pot, turning raw edges under.

4. Shape the cording into a circle that's a little larger than the base. Begin stitching the cording with a cording foot, making a continuous circle for the walls of the pot. Stitch the walls of the pot to the base, turning raw edges under. Line each pot with leftover fabric.

continued



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50 bazaar best sellers

35. PICTURE-THIS PINS, page 100

Materials: Small pictures, prints, stamps, decals, and labels; construction paper; water-base decoupage finish; small paintbrush; clear acrylic spray; pin backs; glue; emery board; single-edge razor blade.

Instructions:

1. Cut each picture to desired size, adding ¼ inch to the sides. Cut 5 pieces of construction paper for each picture, making the pieces ½ inch larger on each side than the picture.

Join the pieces of construction paper together 1 layer at a time, using a thin coat of decoupage finish between each layer. Press the layers smooth.

2. Cover the back of the picture with a thin coat of decoupage finish and center it on top of the layered construction paper. Gently smooth out any air bubbles and wipe off excess finish. Let the pins dry overnight, weighting each one with a book to prevent warping.

3. Trim each side with a single-edge razor blade and smooth the edges with an emery board. Spray with clear acrylic and glue a pin back to each one.

36. WATCHBAND, page 100

Materials: Watch with ½-inch watchband openings on each side; 6 yds. red soutache; spring-loaded clasp.

Instructions:

1. Cut six 36-inch pieces of cord and fold each piece in half. Lark's head 3 doubled cords on each side of the watch. Work 1 side at a time and repeat instructions for the other side.

2. Work 2 sinnets of half knots (7 knots in each sinnet), using 2 working cords and 1 holding cord in each sinnet.

3. Work alternating square knot and half knot using 4 cords for knots in center (2 working and 2 holding) and 3 cords for outer knots (2 working and 1 holding). Repeat.

Work square knot and half knot with 4 center cords.

Using all 6 cords, work 2 square knots and half knots (2 working and 4 holding cords).

4. Thread 2 center cords through the clasp and turn the band over. Using 2 groups of 3 cords each, tie cords together and glue the ends to the back.

37. FLORAL HAT, page 100

Materials: Straw hat with wide brim; purchased floral appliqués; grosgrain ribbon; clear-drying glue.

Instructions:

1. Arrange the appliqués on the hat and glue them in place. Let dry. Tie a bow, using grosgrain ribbon.

38. NOSEGAY PILLOWS, page 100

Materials (for 1 pillow): ¼ yd. pink fabric; 1 yd. lace and floral trim; green cord; blue grosgrain ribbon; 2 yds. white eyelet; polyester fiberfill; liquid fabric dyes.

Instructions:

1. Cut out each motif from the lace and floral trim. Dye the pieces in liquid fabric dyes and let dry.

2. Cut two 7-inch circles from pink fabric. (For a larger pillow, cut two 9-inch circles.)

Gather eyelet into a circle and stitch it to the center of the pink fabric. Arrange the dyed floral motifs inside the circle and tack the pieces in place.

3. With right sides facing, stitch the front and back pillow pieces together, using a ¼-inch seam, and adding a 2-inch-wide pink ruffle. (If desired, add eyelet around the edge of the circle.)

Turn the pillow right side out, stuff, and slip-stitch the opening closed.

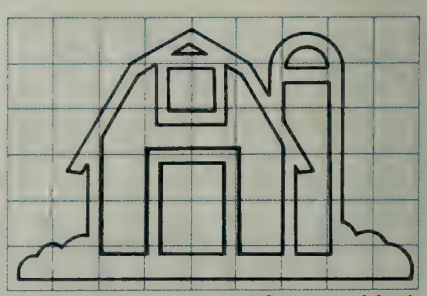
4. Cut pieces of green cord and tack the pieces in place for stems. Tie a ribbon bow around the stems.

39. BARN KEY RACK, page 100

Materials: ½-inch pine lumber; sandpaper; 4 cup hooks; 2 wood screws.

Instructions:

1. Enlarge pattern, *below*, and trace the shape onto wood.



1 Square = 1 Inch

2. Cut around the outside edges with a jigsaw; then cut the inner shapes as shown. Sand all rough edges and finish.

continued

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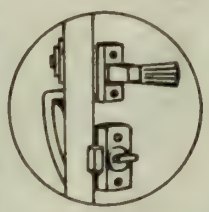
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50 bazaar best sellers

3. Space 4 cup hooks along the bottom of the key rack and screw them in place. Drill 2 holes as shown on the pattern for hanging; mount the rack to a wall with wood screws.

40. TABLE TRIVETS, page 100

Materials: Wooden spring-type clothespins; liquid fabric dye; unwaxed wine corks; waterproof glue.

Instructions:

1. To make clothespin trivets, remove the springs from the clothespins; soak the clothespins in warm water.

Prepare the fabric dye according to instructions and immerse the clothespins. Rinse the clothespins in tap water until the water runs clear. Let dry.

2. Glue the clothespins together to make an 8-inch-diameter circle. (Each trivet requires about 28 clothespins.)

3. To make cork trivets, cover a work surface with waxed paper or aluminum foil. Glue the corks together either end to end or side to side, using an ample amount of glue. Shape as desired, making sure the corks are even across the top and bottom.

4. Wipe off excess glue and let dry.

41. FLATWARE CADDIES, page 100

Materials: ¼ yd. solid-color fabric; ½ yd. calico fabric; bias tape; batting.

Instructions:

1. Cut a 16-inch square napkin from the calico fabric and hem the edges.

2. Trace lozenge shape onto brown wrapping paper and cut 2 shapes from solid fabric and 2 from calico fabric.

3. Place batting between 1 solid shape and 1 calico shape and quilt the pieces together with 3 vertical lines. Repeat for the second piece.

4. Baste the 2 pieces together, leaving the top open. Cover the edges with bias tape or pieced fabric strips. Fold the top edge down in front.

42. CROSS-STITCH BOXES, page 101

Materials (for 3 boxes): 11x14-inch sheet of perforated paper; embroidery floss in the following colors; 3 shades of purple, 3 shades of green, and yellow; #26 tapestry needle; tagboard; felt for lining; craft glue; clear finish.

Instructions:

1. Work cross-stitch design on perforated paper following pattern *at right*. (Pattern is for large box; work variations for 2 smaller sizes.) Stitch through 1 hole at a time (to prevent tearing paper) and use 4 strands of floss. Stitch the border designs randomly. Set aside.

2. To assemble boxes, follow instructions, *below*, for large box and adjust measurements for 2 smaller sizes.

3. For large box, cut a 3¾-inch-wide by 4½-inch-long oval lid from tagboard. Measure the perimeter of the oval and cut a ⅝-inch-wide tagboard strip for the lip. Glue the lip to the edge of the oval, using a ⅞-inch-wide tagboard lining piece (folded in half) to help secure the pieces.

4. Cut an oval base slightly smaller than the inside of the lid; then, cut a 1¼-inch-tall tagboard strip for the sides and secure the strip to the base (see instructions, *above*).

5. Cut another strip from tagboard (slightly longer than the first) and glue it to the inside of the box for added

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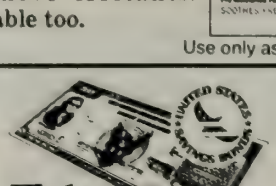
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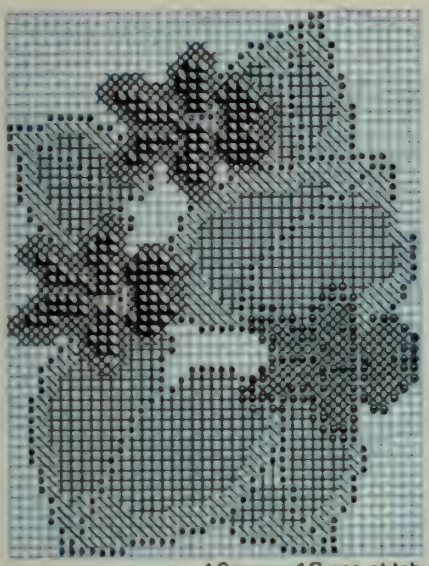
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strength. Cut an oval slightly smaller than the base and glue it to the inside of the box. Cut felt lining pieces and glue them to the base and sides.



1 Square = 1 Cross-stitch

COLOR KEY

- Lavender
- Purple
- Dark Purple
- Yellow
- Light Green
- Green
- Forest Green

6. Glue the cross-stitch designs in place (using glue sparingly) and trim the edges. Wipe off excess glue and let dry. Apply clear finish to the outside.

43. CROCHETED CAP, page 101

Instructions given for both a small and a large size.

Materials: Small amounts of knitting worsted (a total of 4 oz.) in various colors; size H aluminum crochet hook.

Gauge: 4 sts = 1 inch; 4 rows = 2 inches.

Instructions:

Note: When round is complete, sl st into first st made to join; ch 1 and sc (counts as first sc of round) in joining. When changing colors between rounds, break off color in use before making sl st to join; yo with new color and complete joining. Change colors randomly. Work both sizes similarly up through Round 16.

Cap: With 1 strand of any color, ch 5. Sl st to form ring, ch 1 and make 12

continued

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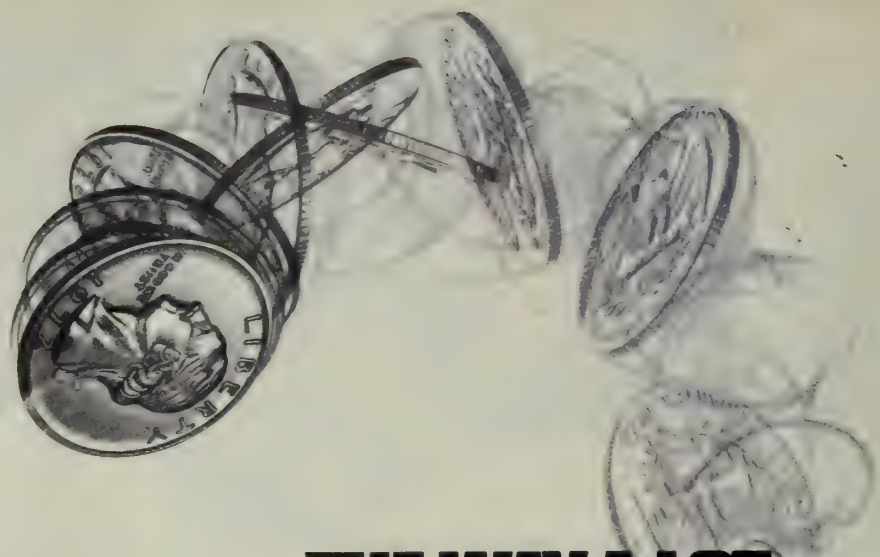
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sc in ring. *Rnd 1:* * 2 sc in sc, 1 sc in next sc. Rpt from * around—18 sc. *Rnds 2 and 3:* Work even. *Rnd 4:* Rpt Rnd 1—27 sts. *Rnd 5:* * 2 sc in sc, 1 sc in each of next 2 sc. Rpt from * around—36 sts. *Rnd 6:* Rpt Rnd 5—48 sts. *Rnds 7 through 9:* Work even. *Rnd 10:* Rpt Rnd 5—64 sts. *Rnds 11 and 12:* Work even. *Rnd 13:* * 2 sc in sc, 1 sc in each of next 8 sc—72 sts. *Rnds 14 through 16:* Work even. *For larger size only—Rnd 17:* * 2 sc in sc, 1 sc in each of next 9 sc—80 sts. *Both sizes:* Work even until 38 rnds have been completed; fasten off.

Brim: With 1 strand, ch 13. Sc in 2nd ch from hook and in each ch across—12 sc; ch 1, turn. Work in back lp only, work even until length of brim equals circumference of hat at lower edge. Fasten off. Sew short ends of brim together. Sew 1 long end of brim to lower edge of hat; roll brim.

44. ANIMAL NAPKIN RINGS, page 101

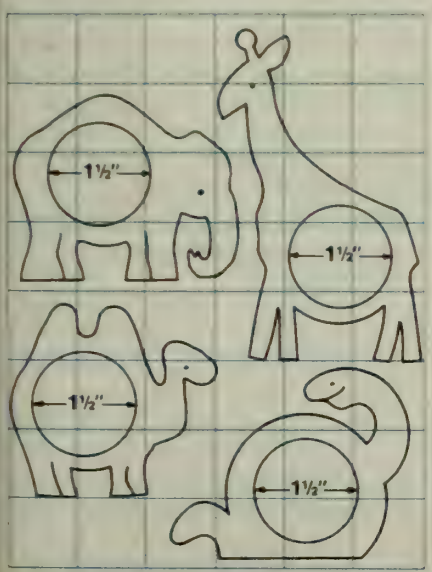
Materials: ¾-inch pine; sandpaper.

Instructions:

1. Enlarge the patterns, *below,* and trace them onto ¾-inch pine.

2. Use a jigsaw to cut each shape; then cut 1½-inch-diameter circles in each piece. Drill small holes for eyes.

3. Sand edges and finish as desired.



1 Square = 1 Inch

45. STAR QUILT PUZZLE, page 101

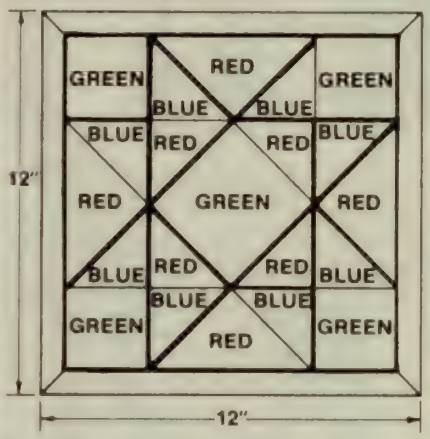
Materials: ½-inch-thick pine; hardboard; pine strips; acrylic paints.

Instructions:

1. Cut an 11-inch square of hardboard and make a ½-inch border around the sides by nailing 4 strips of pine together.

2. Enlarge the pattern, *below,* and cut the pieces from pine. Do *not* cut along the heavy black lines. These lines indicate that the pieces are joined.

3. Paint each piece with acrylics according to the pattern and assemble.



46. "KEEPSAKES" ALBUM, page 101

Materials: ¼ yd. even-weave ecru linen; wine, rose, yellow, light green, and dark green embroidery floss; 1 yd. lace trim; quilt batting; white craft glue; photo album; ⅔ yd. pink fabric.

Instructions:

1. Work the design, following the pattern on page 178. Set aside.

2. Glue quilt batting to the outside of the album and trim the edges.

3. Cut a piece of pink fabric to fit around the outside of the album, allowing overlap for turning edges under.

Place the cross-stitch design on the pink fabric and mark the position with pins. Make a "window" for the design by cutting the pink fabric to within 1 inch of the pin markings. Turn and stitch the edges under ½ inch.

4. Sew the cross-stitch design in place under the pink fabric and stitch lace trim around the edges.

5. Cover the album with the pink fabric, positioning the design on the front cover. Bring the excess fabric to the inside and glue the edges to the inside covers.

To finish the inside covers, cut a piece of pink fabric the size of each

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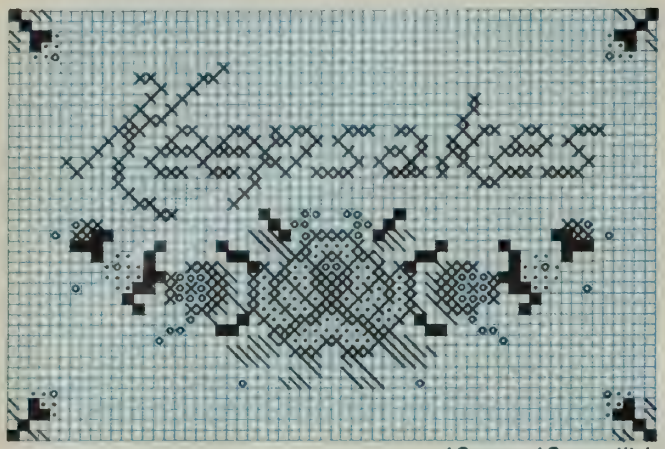
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COLOR KEY
- Wine
- Rose
- Yellow
- Dark Green
- Light Green

1 Square = 1 Cross-stitch

cover, turn raw edges under, and sew the pieces in place over the glued edges.

47. COTTAGE TEA COZY, page 101

Materials: ½ yd. of prequilted fabric; ½ yd. of muslin (for lining); ¼ yd. of brown polka dot fabric; brown striped fabric; double-fold brown bias tape; purchased floral appliqués.

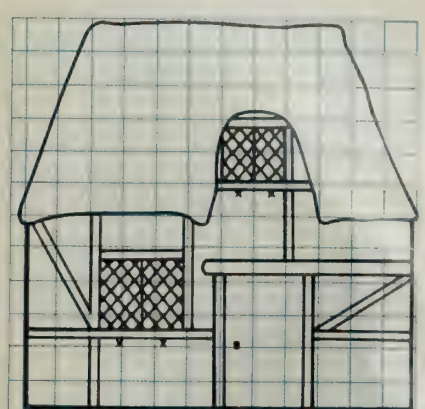
Instructions:

1. Enlarge pattern, *below,* adding ½-inch seam allowances to the *outside* edges. Cut 2 cottage shapes from the quilted fabric and 2 from muslin. Cut 2 rooftops from polka dot fabric and 1 door from striped fabric.

2. Stitch the door and bias tape to the front of the cottage (see pattern). Machine-stitch windows and doorknob. Attach floral appliqués. Stitch rooftops to front and back cottage pieces.

3. With right sides facing, stitch the front and back pieces together, leaving the bottom open. Turn right side out.

4. Sew the muslin pieces together, leaving the top and bottom open. With wrong side out, place the lining over the tea cozy, lining up the seams. Stitch around the bottom of the tea cozy; then stitch top of lining pieces together and push lining to inside.



1 Square = 1 Inch

48. DOG LEASH, page 101

Materials: 12 yds. orange macrame cord; 7 yds. blue macrame cord; 12 inches blue macrame cord for handle wrap; round eye swivel bolt snap hook.

Instructions:

1. Fold the 2 cords in half and begin working at the folded ends. Loosely twist 12 inches of the 2 cords together (6 inches on either side of the center point) to form the handle. Tie and overhand-knot with 1 cord every 2 inches. Hold the pieces together with a rubber band; wrap loose ends together for 1 inch, using the 12-inch blue cord.

2. Work tight Chinese knots to form an 8½-inch sinnet. (Separate the cords in alternating colors to form stripes.)

3. Work a half-knot sinnet for 18 inches, using the orange as working cords and the blue as holding cords.

4. Repeat Chinese knot sinnet for 8½ inches. Attach swivel hook and glue ends.

49. CAKE PINCUSHIONS, page 101

Materials: Striped brocade fabric for cake (or decorate fabric with trims); satin fabric for icing; decorative trims for icing; polyester fiberfill; quilt batting; fabric glue; cardboard.

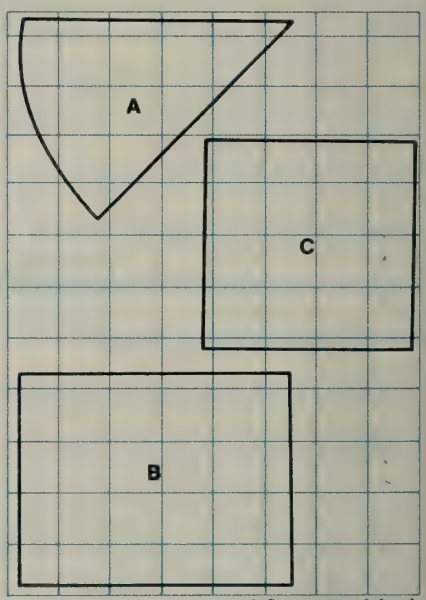
Instructions:

1. Enlarge patterns, at *right.* For bottom, cut icing (A) from cardboard, batting, and satin (adding ½-inch seam allowance to the satin). Glue batting to the cardboard and cover the batting with satin. Glue seam allowance to wrong side of cardboard.

2. Cut 2 brocade pieces from pattern B and 1 satin piece from pattern C, adding ½-inch seam allowances.

Stitch short sides of cake (B) and icing (C) pieces together and press seams open. Turn raw edges under and slip-stitch the sides of the cake wedge to the satin-covered bottom. Stuff.

3. Cut 2 layers of batting ¼ inch larger all around than triangular wedge for the top. Cut a piece of satin large enough to cover the batting and fold the edges under. Baste the satin to the batting and pin this piece to the stuffed cake wedge so the edges extend slightly beyond the cake wedge; slip-stitch the icing in place. Glue or stitch trims to the top and sides of the icing.



1 Square = 1 Inch

50. DOILY-DESIGNED PLACE MATS AND NAPKINS, page 101

Materials: White tablecloth fabric; liquid embroidery paints; paper doilies.

Instructions:

1. Preshrink the fabric. Cut 12x17-inch pieces for the place mats and 15x15-inch pieces for the napkins. Turn and hem the raw edges.

2. Place a rectangular paper doily on top of each place mat and paint the cutout designs, using tubes of liquid embroidery in assorted colors. Let dry.

3. Place a doily on top of the napkins and paint part of doily design.

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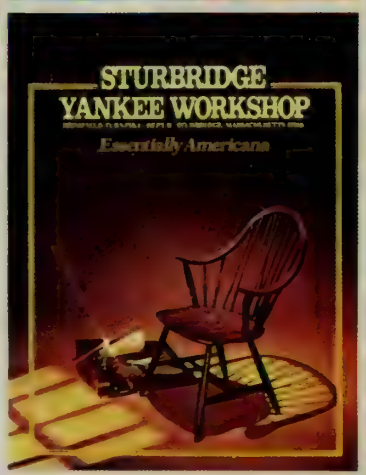
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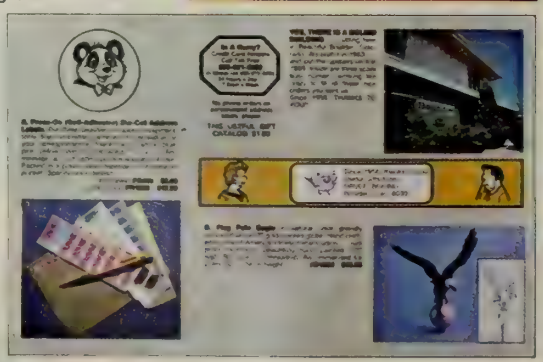




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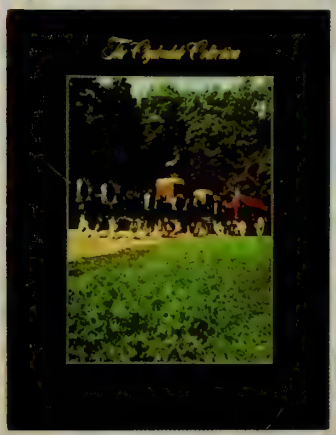
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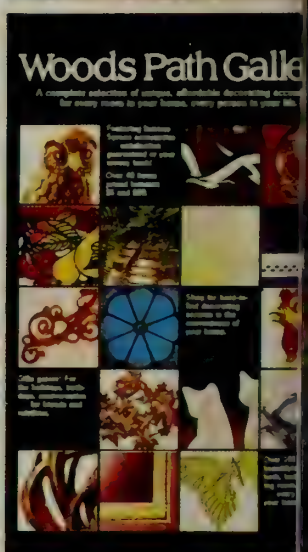




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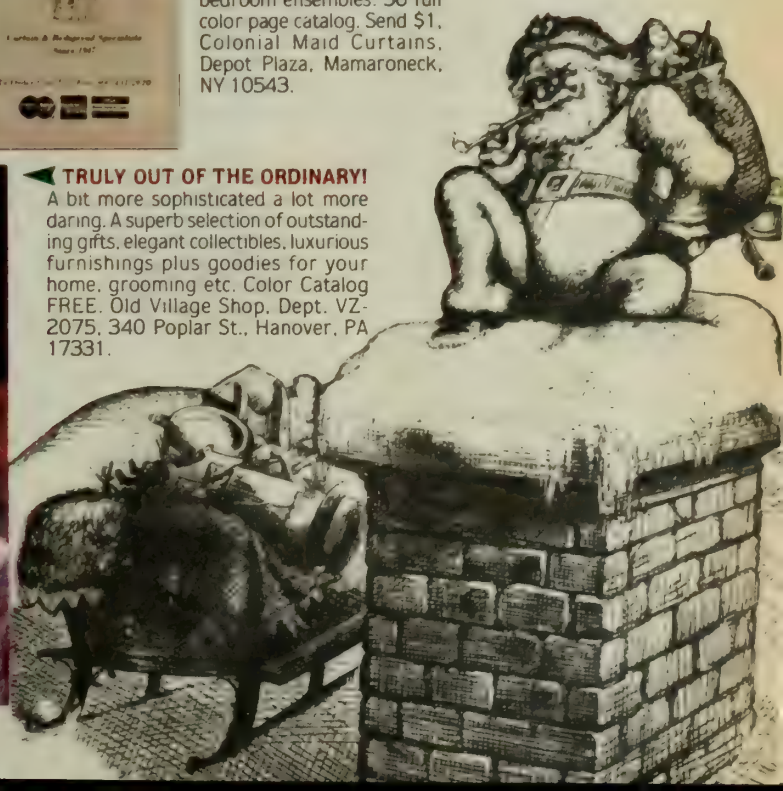
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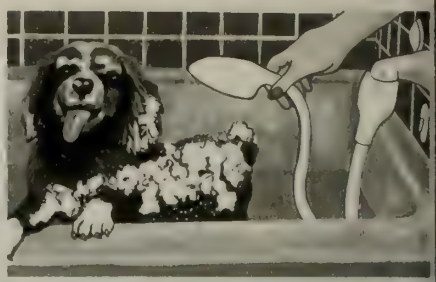
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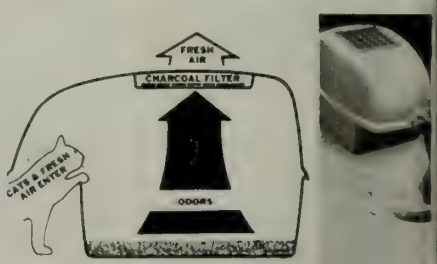
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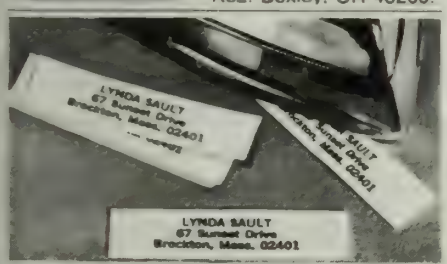
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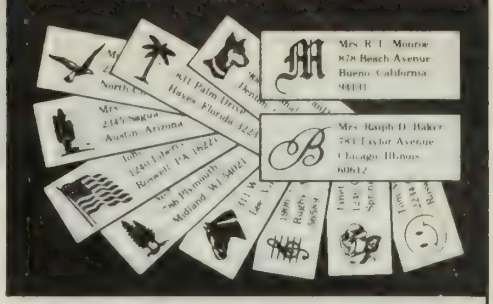


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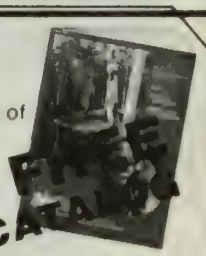
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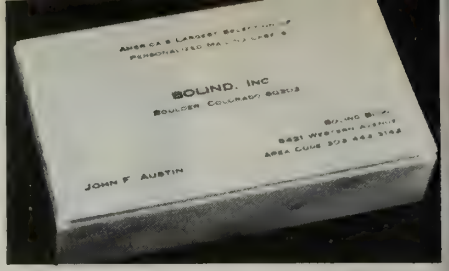
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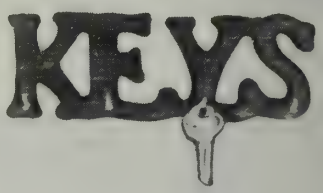
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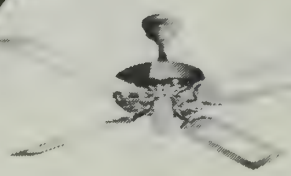
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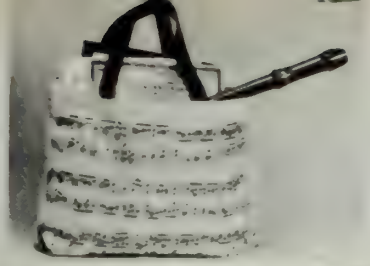
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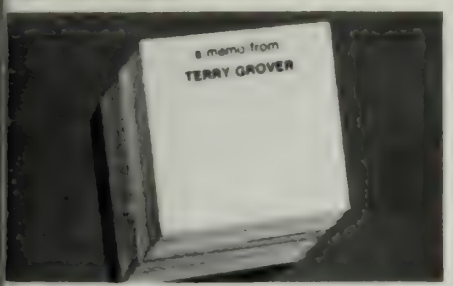


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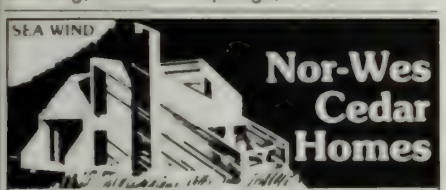
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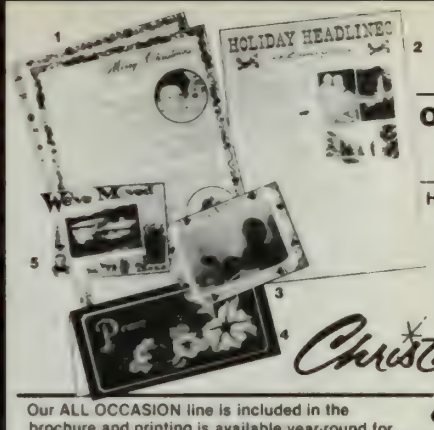
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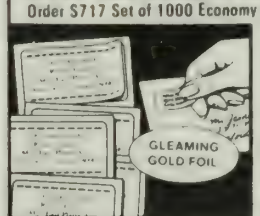
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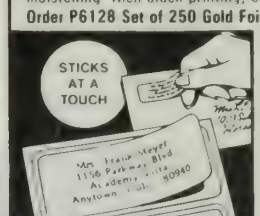
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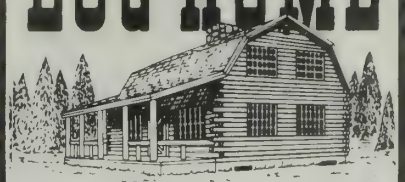
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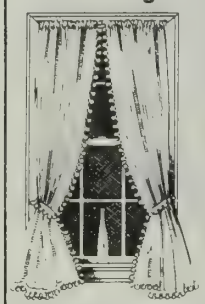
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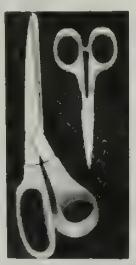
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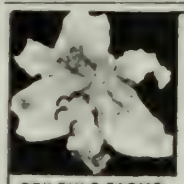
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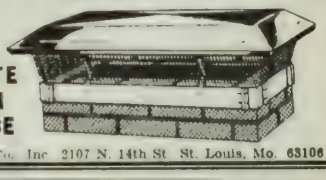
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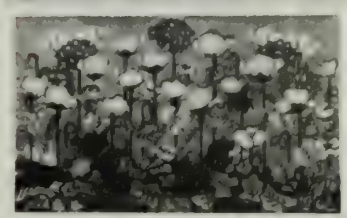
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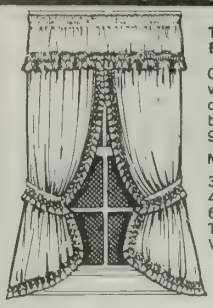
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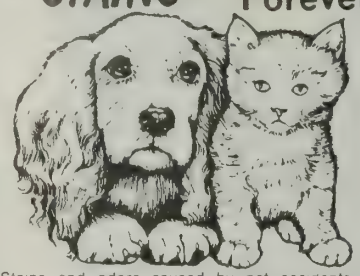
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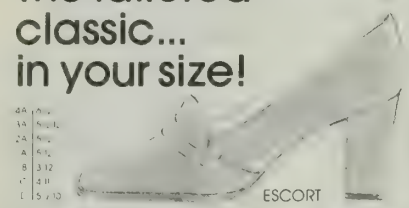
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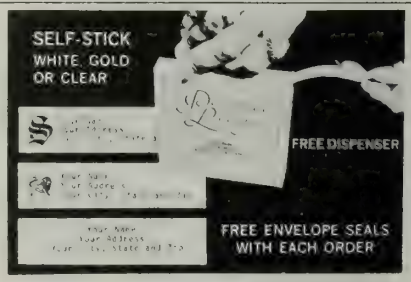


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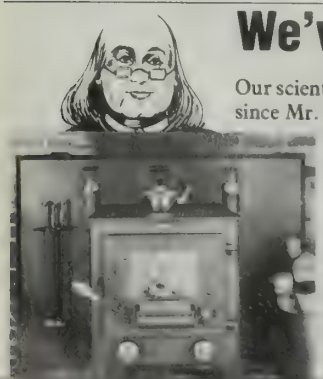
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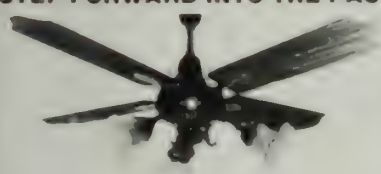


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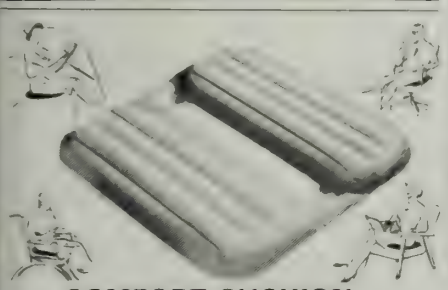
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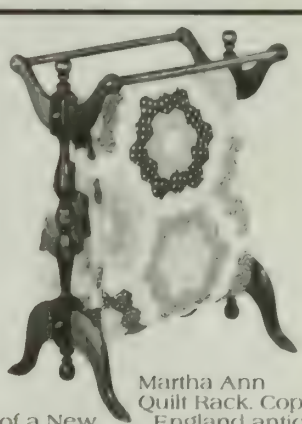


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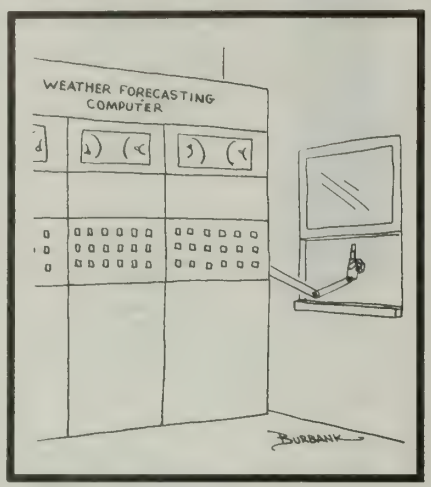
The Man Next Door®

I was assigned to do the periodic refrigerator cleanout this week and the discards were memorable: two of Rosemary's corsages, both almost totally decomposed; a carton of Burt, Jr.'s special fishing bait; a hardened roll of cookie dough that Judy neglected to bake several months ago; and, uh, several shriveled strawberry plants I meant to set out last spring.

Slipping stealthily through the nature preserve with his binoculars in hopes of spotting a rare bird, Professor Harold Simmons learned how it feels to be on the other side of a spotting. "There's one of those weird bird-watchers," he heard a youngster call to a companion.

If you want to witness a modern miracle, simply note how quickly the sound of an ice cream wagon's bell restores the appetite of a child who a moment earlier couldn't eat another bite at the table. Hmm—I wonder if the wagon driver would consider stocking a supply of frozen spinach bars for kids who respond only to his "dinner bell."

Grandma Hillis says you're only young once, but that's enough if you stay that way—no matter how old your body gets.



According to editor Earl Reeves, difficult economic cycles like the current one are painful indeed, but they can help to promote some positive cycles too—like bi- and re-.

Chris, who has a part-time job at the library, has duly noted the popularity of paperback romances these days. She has set up a special display table with this sign: "Try one on for sighs."

Bill Norman has figured out how to attract audiences for the home movies he'll be screening during the winter. This summer, he included everyone in the neighborhood in his shots.



"I can remember when we could sell them on just the color and the upholstery."

Chris accused me last night of attacking my weekend chores around the house like an old pro—old procrastinator, that is.

Bill Bruni says he could almost feel his toes applaud when he decided to take a hiatus from jogging and swim regularly for a few months instead.

My letter-writing friends and I have pledged solidarity in the face of possible higher postage rates: If the cost of stamps goes up again, we'll secede from our ZIP code.

Tousle-haired Jimmy Hillyard, the six-year-old from down the block, is learning to ride his first bicycle. From our front-porch vantage point, Chris and I held our breath as we watched Jimmy's first shaky attempts at riding without training wheels.

Jimmy's dad would help steady the bike, give a gentle shove, and off the boy would lurch.

Of course, the bike traveled only a few wobbly feet on the first tries, propelled more by momentum from the takeoff than by Jimmy's struggles at pedaling and steering.

After each abortive attempt—with Jimmy sprawled on the curbing and the bike all askew—the lad would pick himself up, and with his father's steady encouragement, try again.

I think I counted a dozen spills, but there were no tears and no giving up until—at last—Jimmy made it from one end of the block to the other.

The look on the faces of Jimmy and his dad was priceless. Chris and I would have applauded from our grandstand seats, but I'm sure father and son needed no applause at that point.

It seems to me that bicycle-riding episode capsulizes the whole undertaking of raising a child. You hold on and give support as long as you think it's necessary, then grit your teeth and give a shove. After the inevitable false starts and bruises, your offspring is—with luck—ready to travel alone.

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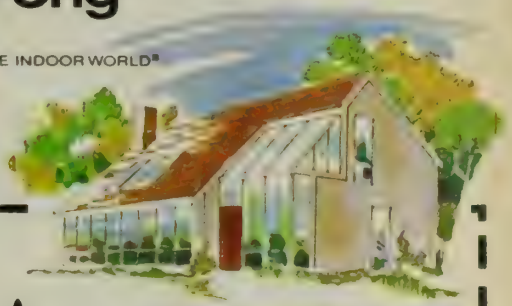
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THE FLOOR OF THE WORLD

EDITOR at large

The six women whose pictures appear below are some of our field editors. We used to call them scouts, but that label is inadequate. Besides scouring the country for editorial material, they assist our staff editors in a thousand other ways.

For the article in this month's issue on log homes, for example, Pat Carpenter drove three hours through a Minnesota snowstorm to equip an unoccupied new house for photography. It lacked furniture, curtains, appliances, everything. But when Pat's work day ended (at 3:30 a.m.) the rooms looked spectacular and the film was in the can.


Jessie Walker


Eileen Deymier


Pat Carpenter


Estelle Guralnick


Bonnie Maharam


Ruth Reiter

Ruth Reiter, in Atlanta, helped out on that story by persuading a home builder to revise construction schedules in deference to our looming photo deadline. And Estelle Guralnick, who operates out of Boston, was dispatched to a remote area of northern New Hampshire to evaluate a log home that was inspired by a Vermont sugarhouse. She liked it, and now our readers can see it, too.

Meanwhile, other field editors were working on other articles for this issue. Bonnie Maharam, who lives on Long Island, selected the props for "Tabletop favorites." In Annapolis, Eileen Deymier deftly handled the logistics of an eight-person invasion of the U.S. Naval Academy, where we photographed our "Quick-to-knit cardigans" feature. And in Chicago, the scene of this month's big decorating story, Jessie Walker not only found all the locations but then turned photographer and took all the pictures.

As you might suspect, our field editors are a fascinating group. Eileen Deymier plays a handmade harpsichord and sings with a chorus that regularly appears with the Baltimore Symphony. Bonnie Maharam, who studied design at Pratt Institute, is a sailing devotee and an accomplished sculptor. Estelle Guralnick is a former UPI reporter, the author of a Sunday feature in the Boston Globe called "House Call," and also a registered antique dealer. Pat Carpenter, who studied languages and interior design before her marriage, is now enrolled again at the University of Minnesota where one of her fellow students is her daughter Janet.

Jessie Walker is perhaps the best-traveled member of this well-traveled band—her assignments have taken her to Europe, the Orient, Africa, and India—and she's unique in having set her sights on her present job early. "When I was a child," she told me recently, "I used to sit in front of the fireplace reading my mother's subscription copy of BH&G and dreaming about how much fun it would be to become involved in its publication." More typical is Ruth Reiter, who studied general arts and science at Penn State and says, "I had no dreams of a career related to journalism whatsoever."

How did they get their jobs? "Just luck," most field editors answer. Well, the good luck is as much ours as theirs. It's hard to imagine putting out this magazine without them.

Gordon Greer

Gordon Greer, Editor

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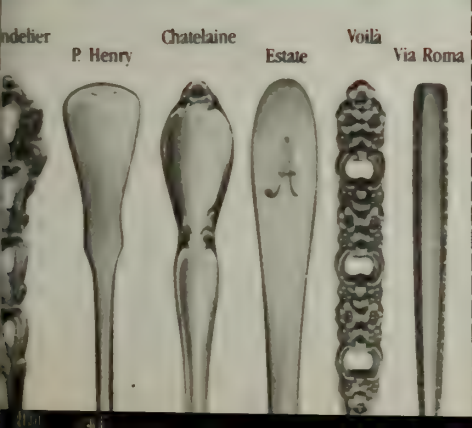
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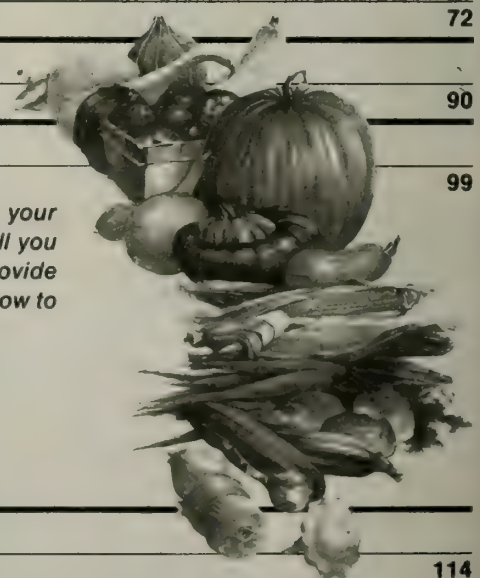
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Margaret Daly

Homeowners Guide to Liability Insurance



These days, no one can afford not to have adequate liability insurance. Without it, everything you own and even what you earn in the future could be jeopardized. Such a financial disaster could occur if you or a member of your family were to injure someone seriously or cause severe property damage.

Liability lawsuits can be time-consuming and emotionally exhausting, as well as extremely costly. Homeowners are particularly vulnerable—sometimes under circumstances that may surprise you. Your best protection is to take certain precautions with your home and property and to have the right liability coverage for your situation. Here's what to consider.

Would you be covered by insurance if any of these scenarios were to occur?

- You're adding a bedroom to your home, and the neighbor's six-year-old falls into the excavation. She is seriously hurt. The parents sue you for $200,000.
- The local department store delivers a couch to your home. Your dog bites the deliveryman, and he demands that you pay the medical bills.
- You're a member of the school board, which fires the principal for incompetence. She sues each member of the board for defamation of character.
- You rent a high-powered boat when you're on vacation. Your teen-age son runs into another boat and wrecks it. That boat is worth $12,000, and the rental agency refuses to pay for the damage, pointing out that your rental contract absolves him of responsibility.
- You've told the neighborhood kids to keep out of your swimming pool, but one of them jumps in anyway and breaks his leg.
- Sparks from a cleanup brush fire in your backyard ignite your neighbor's roof. The damages: $3,000.
- A guest in your home slips on a freshly waxed floor and hits her head. The accident causes permanent damage to her vision. She sues for $450,000.

Your homeowners insurance would probably cover you in a number of those situations—but not all of them, and not necessarily for the full amount of damages. For example, no homeowners policy protects you from suits such as the one involving the school board. Also, most homeowners policies exclude coverage for boats with over 50-horsepower engines.

Most important, no insurance company will pay out more than the limits stated in your policy. In the case of the $200,000 and $450,000 lawsuits, suppose you had only $100,000 liability coverage. Your insurance company would defend you in court, but if you were judged liable they would pay only $100,000 in damages. The rest would have to come out of your pocket. You might have to sell your home to pay up, and it's possible your wages could be garnisheed for years to come.

To make sure you are properly covered against liability actions, it's important to understand the situations where you might be held liable under local laws. (Some states require people to put fencing around swimming pools, for example; an insurer might refuse to write a policy if you had not complied with such an ordinance.)

Also be sure you understand what your present policy covers and be prepared to buy supplemental coverage if appropriate. It's not expensive and could spare you some real grief.

With the exception of liability cases involving your automobile (they're covered under your car policy), most kinds of liability that a typical family might face can be handled through a homeowners policy. There also are special policies to consider in addition.

What does your homeowners policy cover?

All homeowners policies (including those for renters) provide the same kind of liability protection. Basically, you're covered up to the limits of the policy when a suit or a claim is brought against you by anyone who says you have caused him injury or damage to his property. The policy covers your own actions, those of any family member who lives with you, and damages caused by a pet. Damages could occur away from your home (except in your car) as well as on your property.

Homeowners policies provide coverage under several headings:

Personal liability coverage. This is your basic protection against major claims for bodily injury or property damage. The insurer agrees to pay the costs of defending you in or out of court when a claim or suit is brought against you. (The company will not pay legal costs when you sue someone else.) Your insurer also will pay damages (up to the policy limit) that are worked out in negotiations or awarded by the court.

At present, the minimum liability limit on most homeowners policies is $25,000, but many companies require $50,000 or $100,000. The cost of raising

continued

continued

Liability Insurance



your limits under your homeowners policy is minimal. In New York, for example, the additional premium for $50,000 rather than $25,000 runs about $2, about $10 to $15 for $500,000. Few companies will allow more than $500,000 protection on a basic policy.

Medical payments to others. This coverage is designed to handle minor costs when someone suffers an injury on your property or as a result of action by a member of your family or your pet. However, there is a limit of $500 (sometimes $1,000) per person per accident on a regular policy. Additional coverage runs only $3 or so for each additional $1,000. The insurer will pay no matter who caused the accident. If a claim goes beyond the policy limit under this clause, liability would have to be demonstrated and the personal liability clause would take over.

Additional coverages. There are several types of additional coverage under a basic homeowners policy. For example, the "damage to property of others" clause covers such things as the proverbial baseball-and-broken-window—but only up to $250 or $500 per accident. This coverage does not apply if the damage is caused willfully, unless it's brought about by a child under age 13. Other forms of additional insurance include coverage for some expenses incurred while you are attending hearings or trials at the insurance company's request; and, costs of first aid you provide at the time of an accident, so long as the injuries are covered.

Are people you hire covered?

Suppose a baby-sitter falls in your home. Whether you're covered or not can depend on the circumstances and local law, so it's important to check with your insurance agent.

Most likely, the baby-sitter would be considered a "residence employee" who works for you on an occasional basis and would be covered under your basic homeowners policy. However, be sure to find out how "residence employee" is defined in your state; depending upon hours worked and other factors, anyone from a baby-sitter to a gardener may require workers' compensation coverage (typical costs: from $25 to $75). Ask your agent or call the state's department of labor.

What if a teen-ager were hurt helping you build the bedroom? If he's just helping out, he'd probably be covered. If you pay him, however, you may need workers' compensation coverage.

You'll need special business insurance for all employees involved in any business you run at home. For occasional business associates, such as the deliveryman, there is an implied invitation in the visit and your homeowners policy would apply. Similarly, door-to-door salespeople would be covered—unless you were to display prominently a sign saying "no solicitors" or the equivalent. (As with any insurance case, specific circumstances may dictate the ruling.)

What about trespassers?

Under the law, a trespasser is defined as someone who is on your property without your permission, either expressed or implied. When someone is clearly trespassing, you probably wouldn't be liable unless you set out to booby-trap him. In some states, you're required to act with reasonable restraint even with a prowler.

The definition of trespassing can get tricky. You might, for example, have "no trespassing" signs posted all over your property. But suppose a neighbor comes over to borrow a cup of sugar and has done so once or twice before. On one unannounced visit she slips on your icy front stoop. There could be an implied invitation to enter your property—and you could be liable.

Even if you have repeatedly warned people to stay away, you may have problems. Say neighborhood children keep cutting across your yard. Though you've told them to stop, you've done nothing definite to see that they do. There could be an implied agreement that it is all right for them to be on your property. Your homeowners policy would provide coverage up to its limits.

One special situation is an "attractive nuisance"—by most legal definitions, something likely to draw young children to it. A swimming pool is a prime example, and the law would require you to take reasonable precautions to protect people.

What's excluded?

Your homeowners coverage won't apply to claims connected with your business, or to injuries of "residence employees" if state law requires workers' compensation coverage.

Other exclusions include bodily injuries or property damage arising out of deliberate actions by you or your family (an exception is the $250 or $500 coverage for physical damage caused by a child under 13); claims arising out of owning or using an airplane; accidents with "recreational motor vehicles" in use away from your home; motorboats (owned or rented) with more than 50-horsepower engines, outboards you own with over 25 horsepower, or sailboats more than 26 feet long; or any motor vehicles you own, rent, or borrow. For details, call your agent.

How can you get additional liability coverage?

If you want to go beyond the top limit of your policy, you can buy an *umbrella policy* that takes over where your regular liability coverage stops. Usually the first $1 million of protection costs about $100 a year, with each additional $1 million (up to $10 million) costing about $10. An umbrella policy will dovetail with your auto liability insurance as well as your homeowners and other liability policies (such as a boat policy).

Insurers require you to maintain a certain amount of liability coverage on your regular policies before the umbrella coverage takes over—usually $50,000 or $100,000 on your homeowners and auto policies. Umbrella policies also provide coverage that's excluded altogether on your homeowners policy, such as that boating accident and the principal's lawsuit.



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Dan Kaercher

How to help make your youngster's school better

Can you make a difference in the quality of your youngster's school? You bet! After years of being relatively silent partners in education, concerned parents today are learning to apply their clout at every level of the public education system. Parents are acting individually and/or joining up with others to tackle serious issues like declining test scores, neighborhood school closings, budget cutbacks, and discipline problems. In each of these instances, parents can make and have made a difference. You can, too.

Consider these three examples of parent power at work:

- One summer day, a group of St. Paul, Minnesota, parents held a picnic in the parking lot of St. Paul's school administration building. The guests were school board members, who were considering cutting 50 to 60 teaching positions that parents felt were needed. The picnic was a highlight of "Save Our Teachers Week," during which parents also staged a petition drive and phone-in campaign to the school superintendent. The result: 50 teaching positions were saved.
- When "death education" was made a compulsory course in the Howard County, Maryland, social studies curriculum, some parents felt the subject intruded into personal religious beliefs. They appealed to their school board. "All I wanted was the right to choose," explains Mrs. Kristine McGough, a housewife, mother of two, and school activist. Mrs. McGough and other parents were rewarded when death education was made an elective rather than a required course.
- To combat absenteeism in the high schools of Salt Lake City, Utah, parents formed "calling committees" to check on the whereabouts of students. "Parents got involved and said 'We want to do something about this problem'—and they did," says Dr. Stanley R. Morgan, a district school administrator. "We now have secondary schools that are averaging 96 percent daily attendance."

Do educators really want parents to be involved?

More and more parents and educators are answering that question with a resounding yes. Good educators appreciate a parent's interest in his or her child's education. Also, schools are being more closely scrutinized today than ever by taxpayers. Parental involvement is one way educators can defuse unjust criticisms, gain community support, and start solving problems.

John Ourth, president of the National Association of Elementary School Principals, cites an even more compelling incentive for parent activism: "If you're not involved, you're cheating your child. Studies tell us that children whose parents care enough to get involved are more successful in school."

Many school districts are establishing individual school or district-wide committees that include parents and educators. Some of these groups function as information-gathering and advisory councils; others give parents policy-making powers in such areas as textbook review and curriculum planning. Whatever the nature of these groups, they all point to a growing acceptance of parents as partners in the education of their children.

Where do you begin?

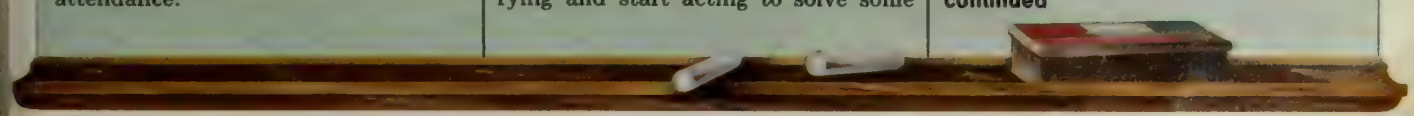
Let's say you've decided to stop worrying and start acting to solve some problems you know—or suspect—exist at your youngster's school. Or, you just want an inside look at the school. What next? Here are some basic steps to help you learn more about the school and the people who run it:

- *Meet with your youngster's teachers.* Have them explain their teaching goals for the year, how they plan to meet these goals, and how students' success will be evaluated. Ask to see all your youngster's test results for that year, and ask whether they indicate any learning weaknesses.

Don't be satisfied with a brief comment that "Jane's math is a little weak, but we're working on it." You need to know just how big a problem exists, exactly what the teacher plans to do about it, what you can do at home to help, and how Jane's progress will be measured. Invite the teacher to contact you any time there is a problem, and let him or her know that you intend to do the same.

- *Get acquainted with the school principal, too.* He or she knows better than anyone else the strengths and weaknesses of the school (although it may take some probing to extract a frank evaluation of problems). The principal should also be able to explain how the school applies school board policies such as those that determine your child's curriculum.
- *Spend a few hours at the school.* Check with your school or school board office to learn what policies—if any—

continued



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continued

Better schools

govern parent visits. In some states, parents have a legal right to visit the school at any time; in others, parents must call the school in advance.

- *Review school board policies on curriculum, teaching objectives, discipline, parent involvement, and other school functions.* The information often is available at your local school and almost always can be obtained at the administration offices. You also should be familiar with state education rules that govern your school board.
- *Learn the names of school board members and key administration officials, and their responsibilities.* Remember that the superintendent's job is to carry out school board policies. Attend as many school board meetings as you can to get a better idea of what problems exist in your district.

How can parents initiate changes?

In a few states and school districts, parents and other citizens have a formal role in implementing policies about what is taught in the schools. Salt Lake City, for example, has operated under a "shared governance" system since 1973. Each school has a community council made up of parents, school people, and other citizens who decide how school board policies, including those concerning curriculum, will be carried out at their school.

Whether or not you have such a formal mechanism for parent influence, it's important to begin at the school-building level when you seek solutions to problems. Conferences with the classroom teacher about learning problems might result in a program of individualized help and evaluation that satisfies everyone. Your principal might tell you that an objectionable course isn't compulsory, and that you may withdraw your child. On the other hand, you might find that a course to which you object is required by school board policy. If that's the case, you will have to present your objections to the school board.

If the problems you face are broad in scope, mobilize other parents to act with you. Vandalism, school closings, and overcrowded classrooms call for an effort by many parents and the community at large. Find out where authority lies (can the school board change the policy, or is it bound by state education laws?), then evaluate the problem, make positive recommendations for change, and try to convince authorities to act on a solution.

What specific things can parents change? There are very few facets of education that you *can't* influence. Curriculum, textbooks, testing, discipline, and budgets are five key possibilities for involvement.

Curriculum

If your child is enrolled in a course that you consider objectionable, your first step is to learn about your rights. Education rules, laws, or court decisions in many states give parents a legal right to participate in decisions about what is taught and to withdraw their children from any course, as long as their objections are "reasonable."

Experimental programs can be a problem if parents are not sure what the

continued on page 28

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Wheatfields in August



The Colors of Autumn in October

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continued from page 23

Better schools

program involves and what its objectives are. By federal law, your child may not be enrolled in an experimental education program involving federal funds unless you are told about it first and your approval is given. Any experimental curriculum should be monitored carefully by parents.

In the Winona, Minnesota, school district, parents speak out on curriculum matters through a committee that sets up educational goals for the district. The committee also develops testing programs to identify weaknesses, and then decides what curriculum changes will be made to correct those weaknesses.

Testing

You probably have seen dozens of test scores during your child's school career. Tests are an important measure of school achievement, yet many parents understand little about them.

At least once a year, visit the school for the specific purpose of reviewing test scores and find out what the scores really mean. A federal law gives you the right to see all material the school keeps in your child's files—including test scores. Whether the tests are standardized or made up by individual teachers, ask these three basic questions:

- *What is the purpose of the test?* Is it to measure your child's progress in comparison with his or her classmates and other students at the same level? (The teacher may refer to this as an "achievement" or "norm-referenced test.") Or is the purpose of the test to measure your child's actual progress in a given subject? (Teachers may refer to this as a "criterion-referenced," "mastery," or "competency" test.)
- *How are test results used?* When tests show weakness, will special help be available? Are results used to establish individual learning goals for students? How can you as a parent use test scores to help strengthen your child's academic achievement?
- *If standardized tests are given on a district-wide or statewide basis, is there an average score available for your child's grade level, at his or her school?* Ask the teacher how this compares with other grade-level averages in your district. However, you should beware of oversimplifying and misusing "average" test scores; this can be unfair to both child and teacher.

Textbooks

The use of a particular textbook has sparked heated debates in some communities. To avert such situations, many school districts give parents and the community at large a role in the textbook selection and review process.

For example, parents in the Dallas school district serve on committees that make the final choices on textbooks from lists approved by state school officials. In Howard County, Maryland, a committee of parents, school personnel, students, and other citizens writes the criteria that teacher committees must follow when textbooks are chosen. Once the textbooks and other teaching materials are selected, they are displayed. Any citizen can request a reevaluation of a book or teaching aid by the criteria committee.

If your school district has a committee of this kind, consider applying for a spot on it. If there is no formal opportunity for parent participation, work with other parents to encourage the school board to establish one. Remember the delicate role citizens play in such matters: Censorship is an ever-present threat.

Discipline

For years, discipline problems have been a major concern of parents and educators. Vandalism, violence against teachers and among students, drug abuse, and absenteeism have no easy answers, but parents can help alleviate or prevent such problems.

One deterrent is to develop a sense of community ownership about your local school. Encourage the school board to allow civic organizations and business groups to use the building after hours and on weekends for meetings, special events, and classes. Trouble is less likely to occur in a building that is in use, and citizens are bound to work harder to protect a facility that benefits the whole community.

Make sure that all students are familiar with the school's discipline code and the consequences of convictions for vandalism, violence, and drug abuse. Recruit families living near the school buildings to keep an eye out for trouble. In Fairfax County, Virginia, the police department provides cards with phone numbers to call if something suspicious occurs.

The school budget

When parents approach officials with a plan for school improvement, they often are met with the statement, "The money just isn't there." But this response does not have to be a dead end. You can analyze the school budget yourself to find out just how your tax dollars are being used. Here's one example:

Using computer printouts, St. Paul parents identified major budget components—the amount allocated for secondary education, for example. They then subdivided those totals into smaller units, such as teacher salaries and instructional materials. These expenditures then were further subtotaled by school and sometimes by classroom levels. The parents then looked at actual expenditure records to compare what was budgeted for their schools, and what was actually spent.

When the review was finished, the parents had some questions to ask, particularly about travel expenditures by school board members. They wanted to know where school officials were going, why, and what kind of system they used to report their expenses. As a result of the inquiries, the board established new travel guidelines that provided such information.

It helps to have school officials who are as cooperative as those in St. Paul. Don't assume that this degree of cooperation is automatic, but do remember that school budget records are public documents, available for review by any citizen.

How can parents help out in the classroom?

Many parents traditionally have found that the best way for them to improve their children's schools is to serve as volunteers.

Exciting school volunteer programs are thriving in thousands of school districts. At the Hunt Valley Elementary School in Springfield, Virginia, for example, about 400 volunteers work as teaching aides in reading labs, science programs, health clinics, and in the library. The volunteers do clerical work

continued



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continued

Better schools

and help with special events like book fairs, bake sales, and field trips.

Hunt Valley parents will donate 7,000 hours of their time this year doing noninstructional work that otherwise might be required of teachers and other paid staff. The program, which is run by the school's Parent Teacher Association, operates on "no school funding whatsoever" says school principal Dr. Dolores Varnon.

If you are thinking about taking part in a volunteer program, be sure to consider these two pointers:

- *First, make a serious commitment.* Don't volunteer unless you are sure you can live up to that commitment.
- *Second, don't volunteer in order to inject your own teaching philosophies into the school.* School volunteers function as aides to professionals who have the final say about what volunteers can and can't do.

If there is no volunteer program in your district, you can work to get one. But be forewarned: It's not an easy process.

An effective volunteer program must be carefully organized. Support must be solicited from school officials and all segments of the community. Volunteers must be recruited and trained. Plans for administration and coordination must be outlined. You may need to raise money to pay a program coordinator and buy supplies. And you may have to convince school officials that the time, effort, and possibly the money, are worth it.

How can you organize with other parents?

There are many ways you can work alone to improve your child's school, but it is easier to accomplish change when you work with other parents. Your school's Parent Teacher Association (or Parent Teacher Organization or Parent-Teacher-Student Association) can put you in touch with other parents with similar school concerns. Many PTAs, responding to the new wave of parent activism, have expanded from their traditional stereotyped roles of bake sale sponsorship and dance chaperoning; the PTA volunteer program at Hunt Valley school testifies to this changing role.

Parent action groups exist all over the country. The National Committee for Citizens in Education (NCCE), an organization that seeks to increase parent/citizen participation in public schools, can put you in touch with one of its 300 affiliates, or send you information on how to organize your own parents' group.

For more information

- To get advice on school problems or information on how to become involved in school affairs, call the NCCE hot line (dial 800-N-E-T-W-O-R-K). NCCE also has a number of low-cost handbooks, books, activity guides, and filmstrips. NCCE's new book, *You Can Improve Your Child's School!* (Simon and Schuster, $12.95) is available at bookstores and from NCCE.

Available at no cost are the NCCE's Parents' Rights Card, a wallet-sized card listing 21 rights parents have in various states, and the Annual Education Checkup Card, a checklist of what to look for when you evaluate your school (enclose a business-size stamped, self-addressed envelope with your request).

For information and a brochure, call the NCCE hot line, or write the National Committee for Citizens in Education, Suite 410 Wilde Lake Village Green, Dept. B, Columbia, MD 21044.

- The National PTA will provide you with a list of its publications you can order. You can obtain the order list from your PTA chapter or write the National PTA, 700 North Rush St., Chicago, IL 60601.
- The National School Volunteer Program, Inc., offers a 36-page booklet that tells you everything you need to know to start or improve a school volunteer program. The cost is $3 for nonmembers, with discounts for members on bulk orders. Write NSVP at 300 North Washington Street, Alexandria, VA 22314.
- John Douglas' readable book, *Parent Power,* offers practical advice on how to get to know and deal with the school system. The book is published by the Newspaper Enterprise Association. To obtain a copy, send $1.75 plus 50 cents handling to *Parent Power*—Dept. BH, P.O. Box 489, Radio City Station, New York, NY 10019.

—Nancy Cahill Joyce

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LOOK US UP IN THE YELLOW PAGES

AMERICAN *Classics*









A classic is something that passes the test of time undiminished. Abbott and Costello's comedy routine "Who's on First" is a classic; kids hearing it for the first time today laugh just as hard as their parents did more than a quarter of a century ago. Beethoven's Sixth Symphony is another kind of classic. The memory of Willie Mays racing headlong toward the wall and losing his cap while making an impossible over-the-shoulder catch is a classic of yet a different kind. So is your grandmother's cherry pie recipe if it's your standard of comparison for the rest of your life.

Like most of us who call ourselves Americans today, some of the American classics that are featured in this issue have their roots somewhere else and are American by adoption. What we term colonial furniture has its origins in England. And the world's first log home wasn't built in Kentucky. But by earning a popularity that survives the march of time—decades, generations, even centuries in some cases—these classics have been absorbed into our national fabric. Americans by the millions feel uniquely at home with them. Like lifelong friends or a favorite old song, they're an unfailing source of continuity and pleasure. We'd like to share that with you on the pages that follow.

AMERICAN *Classics*

LOG HOMES

A Sensible Blend of Old and New

By Greg Erickson

Time was when log houses appealed only to people who chose to live off the beaten path. Recently, though, building with logs has become popular with Americans in all walks of life. If you'd like to construct a log house but don't have friends in the lumbering business or the skills of Paul Bunyan, don't give up. You can simply order a kit, as the owners of these homes did. All your logs, cut to size and precisely notched, will be delivered by truck directly to the site of your new doorstep.

Log homes are distinctive. High technology has made them easy to build. And they always have been energy efficient. They're out of the ordinary, yet right in line with the priorities of today's hard-nosed homeowners.

Finding a log home to suit you can be as easy as shopping from a kit catalog—there are hundreds of standard models available. But if you're really an individualist, you might want to work with a company's computer to develop a log house that's truly one of a kind.



This page: Photograph: E. Alan McGee. Designer: John Q. Sail. Builder: at Georgia Landscape architect: Sail and Young. Field editor: Ruth I. Bailey

A unique design is what the customer wanted, and that's just what he got, *left:* a log home with obtuse wall angles and a rakish roof line. It's an outstanding example of what many log home manufacturers can do with a customer's idea and a computer program. To blend the house into his woodsy lot, the kit buyer chose hand-peeled rather than machine-milled logs. Strips of bark left on the timber give the house a rough, dappled appearance. Part of the foundation is faced with fieldstone collected from the site, part with cedar siding.

Originally developed by the log home manufacturer as a custom design, this colonial house, *top right,* will soon be added to the company's model catalog. The logs are machine-milled so they're almost as smooth as giant dowel rods. Like the logs in the two houses at the bottom of the page, the timbers used for the colonial have been treated with a finishing liquid to preserve their golden color. The wood of the gambrel-style house, *center,* hasn't been treated with the liquid, so the wood is going gray as untreated pine logs generally do.

Both the gambrel and the ranch style, *bottom left,* are catalog models. The exterior of the ranch house was not altered significantly by the homeowners, but the owners of the gambrel customized their home by adding a wraparound deck.

The saltbox style, *bottom right,* also is a standard design that was modified by the buyers. The original plan called for a full-length front porch, but the homeowners enclosed slightly more than half of it to get a larger living room than the catalog floor plan provided. Soon a spacious deck will be constructed on the right side of the house.

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AMERICAN *Classics*

LOG HOMES

According to the kit manufacturer, this log home is probably the only one of its kind anywhere. The homeowner was inspired by a Vermont sugarhouse and a nearby log cabin that's still functioning well at the age of 80. He set out to build a house that would combine the best qualities of each.

The home's most unusual, most structurally complex, and most aesthetically pleasing feature is its two-story bay. To construct the semicircular wall of vertical logs, the kit manufacturer had to develop an innovative system of bolts and threaded steel rods.

The bay isn't just another pretty facade. Its great height, *bottom right,* aids natural convection of warm air. Heat from the little wood-burning stove in the corner rises through the bay and enters second-floor living spaces through shuttered openings. The system is highly efficient: An electric backup heater installed upstairs has never been turned on since the house was built three years ago, but a second one downstairs is used occasionally to warm the two rearmost bedrooms.

The house is just as energy efficient in the summer. Clerestory windows running along the full length of the roof vent hot air outside and bring cool breezes into the top-floor sleeping areas.

Looking across the dining area, which is one step up from the living room, you can see a catty-corner kitchen, *top far right.* It also has shutters, which open onto the dining room and right-hand hallway. Down that hall is the home's main entry. The hallway behind the kitchen leads to a master bedroom suite and guest room.

The homeowners' young sons have a crow's-nest view of the living room from their top-floor bunks, *top right.* The upper bed is set back



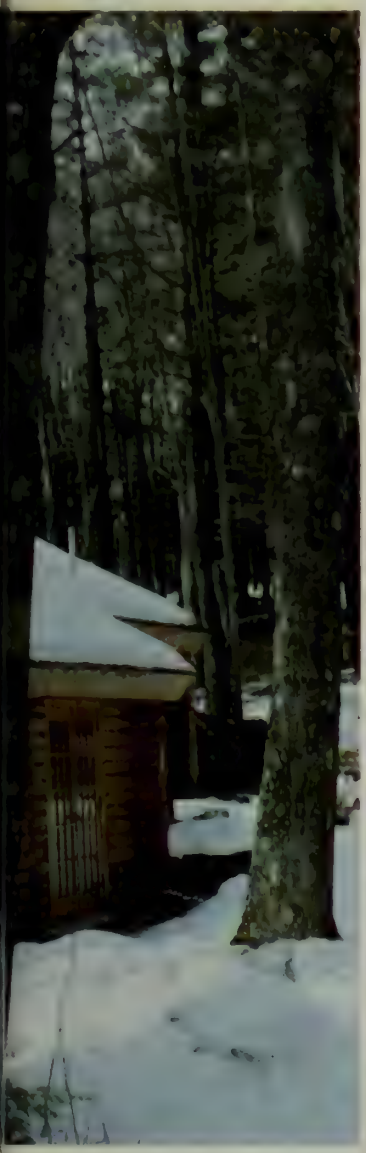
from the lower one to keep the youngster on the bottom from feeling closed in. Drawers built into the lower bed provide plenty of storage space for the boys' belongings. Directly behind this bedroom is another one, similar in design but equipped with three bunks.

Plenty of natural light streams into the house through the bay windows and the clerestories. All that sunshine gives the pine surfaces of the interior a golden glow. The entire interior is coated with clear polyurethane, so maintenance is almost nil. And log homes don't ever need re-siding or painting on the outside.

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Photographs: Harry Hartman Architect: Russell Scott Burditt Field editor: Estelle Bond Guralnick

AMERICAN *Classics*

LOG HOMES

The colors and textures of massive hand-peeled timbers, stained boxcar-lumber flooring, and a huge fieldstone fireplace give the outdoorsman's home on this page (the exterior of which is shown on the first page of this story) a rustic, 19th-century feeling. Yet in its layout and convenience, this log house is anything but old-fashioned.

Extending into the living room, *below*, and supported by six huge logs is a lofty reading nook. Built-in bookshelves line the other side of the half-wall.



Three steps up from the living room is a cedar-paneled hallway that leads to the kitchen, *left.* The stonework here is the back side of the living room fireplace. It houses a wood-burning stove, a firewood-storage compartment, and microwave and conventional ovens. To the right of the wood-burning stove is a door that opens into an office. And to the right of that door are stairs to the bedroom and loft. The kitchen's central island contains a self-venting cooktop. An overhead fluorescent panel provides plenty of light for recipe reading.



Cozy as the look of logs can be, some people feel that floor-to-ceiling logs in every room are too much of a good thing. In the home at *right* (the colonial we showed you earlier), the expanses of wood are broken up with drywall, giving parts of the interior a bright, airy atmosphere. Notches in the logs accept the straight edges of the drywall.

In the kitchen, *top,* drywall forms a closet that separates the meal-preparation area from the entry. The smooth white surfaces contrast pleasantly with the dark brown of the oiled pine logs.

Built into another corner of the kitchen is this little desk, *right.* The white walls reflect sunlight onto the work area from a nearby window.

Minimum drywall was used in the living room, *far right,* because the homeowner wanted a warm, woodsy look.

Buying Information, page 200







This page—Photographs E. Alan McGee. Designer John G. Sell. Rustics of Georgia. Interior designer John Baker. Field editor Ruth L. Reiter
Facing page—Photographs Jim Hedrich. Interior design Madalyn Lee IDS NHFL. Concord House Manufacturer. Field editor Ruth L. Reiter

AMERICAN Classics

Tabletop Favorites

By Stacey Smith and Margaret McMahon

Ours is a melting pot heritage, and the designs shown here express the varied tastes of our population. What all these patterns have in common is enduring popularity: each pattern has been a best seller for generations and continues to win new admirers. Three patterns in particular represent America's favorites in fine tableware: Lenox's "Autumn" fine china, Gorham's "Chantilly" sterling flatware, and Waterford's "Lismore" crystal.

1. Popular for decades, these three patterns have become tableware classics. "Chantilly" sterling was introduced in 1895 and in 1919, "Autumn" fine china made its debut. "Lismore" lead crystal first appeared in the 1950s.
2. Dinnerware: "Painted Desert," Noritake. Pitcher and bowl: "Generation," Dansk. Flatware: "Colonial Shell," Reed & Barton. Glassware: "Viewpoint," Noritake; "Revelation," Tiffin.
3. First made in 1926, "Blue Regency" is decorated with the rich cobalt blue used in early Chinese ceramics.
Dinnerware: "Blue Regency," Royal Worcester. Flatware: "Eloquence," Lunt. Glassware: "Elyse," Tiffin.
4. Designed in 1941, "Desert Rose" is our most popular casual dinnerware. "Damask Rose" sterling was introduced just after World War II—in 1946.
Dinnerware: "Desert Rose," Franciscan. Flatware: "Damask Rose," Oneida.
5. "Repoussé," created in 1820, is a fine example of relief decoration created by hand chasing.
Dinnerware: "Columbia Enamelled," Wedgwood; "Pembroke," Aynsley. Flatware: "Repoussé," Kirk-Stieff; "Grande Baroque," Wallace. Glassware: "Arabella," Villeroy & Boch.
6. Oven-to-table ware and stainless steel flatware have become staples in American households.
Dinnerware: "Merriment," Lenox; "Fresh Floral," Mikasa; "Quince," Wedgwood; "Cornwall," Doulton. Flatware: "Paul Revere," Oneida; "Beaded Antique," Towle.

Buying information, page 200





2.



3.



4.



5.



6.

Photographs: Bradley Olman

AMERICAN Classics

Tabletop Favorites



7.

7. Dinnerware: "Yorktowne," Pfaltzgraff. Flatware: "Queen Anne," Georgian House. Glassware: "Old Williamsburg," Imperial. Coffee pot: Corning.
8. Dinnerware: "Black Contessa," Gorham; "Solitude," Mikasa. Flatware: "Christy," Georgian House. Glassware: "Citation," Libbey.
9. Dinnerware: "Chambord," Heinrich Porcelain. Flatware: "Old Master," Towle.
10. Dinnerware: "Carlyle," Doulton. Flatware: "Williamsburg Shell," Kirk-Stieff. Glassware: "Sonnet," Mikasa.
11. Dinnerware: "Queen's Plain," Wedgwood; "Buttercup," Spode. Flatware: "Octette," Gorham.
12. Dinnerware: "Old Country Rose," Royal Albert. Flatware: "Francis I," Reed & Barton. Glassware: "Beaugency," Durand.
13. Dinnerware: "Colburn," Noritake. Flatware: "Reflection," International. Glassware: "Navarre," Fostoria.
14. Dinnerware: "Fontaine," Lenox. Flatware: "Dresden Rose," Reed & Barton. Glassware: "Jamestown," Fostoria.

Buying information, page 200



8.


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14.

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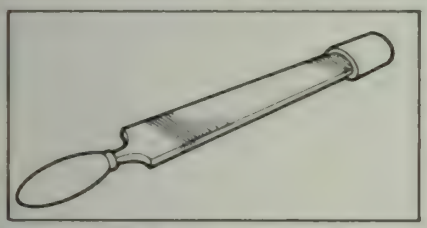
Tips, Tools & Techniques

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: When you use a file or rasp, the sharp corners of the point bite into your hand.

SOLUTION: Press a piece of rubber hose over the point of the tool as shown *below* to make a comfortable cushion and grip. Use a hose that fits snugly over the tool.

H.M., Danboro, Pa.



PROBLEM: The child-proof plastic caps being used on spray paint cans are designed to be pried off with the tip of a screwdriver. If you don't have a screwdriver handy, taking off the top is almost impossible.

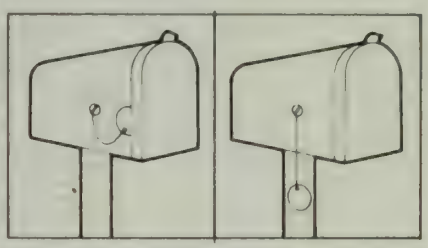
SOLUTION: Each time you buy new paint, take the top off with a screwdriver. Then, using a sharp knife, make three small cuts in the inner plastic cylinder of the cap. Now the cap will stay on the can snugly but you'll be able to remove it without a screwdriver. Note: Use this tip only if you don't have to worry about children getting into the paint.

D.M., Hagerstown, Md.

PROBLEM: It's never fun to trek across your front yard in bad weather to check for mail, and it's especially annoying when you repeatedly find the mailbox empty.

SOLUTION: Make a little signal device as shown that will let you see from your living room whether there's mail in the box. Cut a disk out of a scrap of metal and hang it from a sheet metal screw on the side of the box with a length of fishing line or brass chain. Insert the disk between the box and the lip of the door. When the mail carrier opens the door, the disk will fall out and dangle down where you can see it from the house.

P.R., Leominster, Mass.



PROBLEM: Your garden hose has sprung a leak at the point where the hose is connected to the spigot, so you figure it's time to replace the rubber washer. But you don't have a washer of the correct size.

SOLUTION: For a temporary repair, cut out a washer from a plastic-foam egg carton. Make the washer slightly larger than the inside diameter of the metal fitting; the excess plastic will be compressed into the fitting as you couple the hose to the spigot.

J.B., Stillwater, Okla.

PROBLEM: When you're chopping wood with an ax, you sometimes strike the wood with the handle of the ax rather than with the head. It's clear that before long the handle will be splintered and weak.

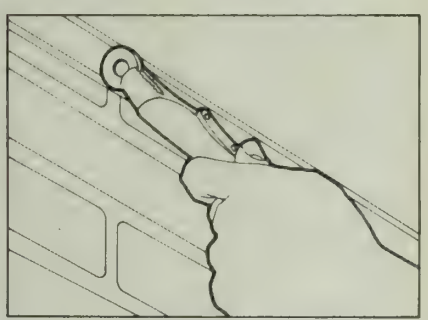
SOLUTION: Protect the handle by slipping a length of automobile radiator hose onto it and taping the hose in place near the head of the ax. (Check with service stations for some scraps of hose: bunches of them are thrown out every day.)

T.G., Plymouth, Minn.

PROBLEM: You want to remove loose paint from cove moldings and other concave surfaces, and your flat-bladed paint scraper won't do the job.

SOLUTION: Clamp down on a metal washer with a pair of locking pliers as shown and use the sharp edge of the washer to scrape the paint. Use washers of various sizes to fit different moldings.

J.D., Homewood, Ill.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.


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Dan Kaercher

Easier breathing for ASTHMA VICTIMS

More than nine million Americans suffer from asthma, especially at this time of year because of airborne pollens and molds. Most of the victims are children and young adults. While only a decade ago asthmatic youngsters faced lives of curtailed activity, today the picture is much brighter thanks to improved anti-asthma drugs.

Despite the brighter outlook, old myths about asthma persist. Two of the most widespread misconceptions about the disorder are these:

- *"Asthmatics should never participate in strenuous activities."* Forget it! According to Dr. Roger M. Katz of Los Angeles, a pediatric allergy and asthma specialist, "With present treatment methods to control the disorder and prevent the onset of exercise-induced asthma, most asthmatics —children and adults— can be just as active as anyone else."
- *"Asthma is in the head —not the chest."* Nonsense! "The intense interest in emotional factors as a cause of asthma attacks among children now is considered to be greatly overplayed, important only in a small number of patients," says Dr. Miles Weinberger, chairman of the Pediatric Allergy and Pulmonary Division at the University of Iowa Hospitals. In his opinion, emotional distress among children who have asthma is usually the *result*, not the cause, of asthma attacks.

Just what is asthma?

Asthma is a disease of the respiratory system that is marked by spasms of the muscular walls of the bronchial tubes and swelling of the mucous membrane; as a result, air passages become constricted. Although death from asthma is rare, some patients are so disabled by persistent attacks that they are unable to work or carry out their normal routine all or part of the time. One of every four total days of absence from school (among all youngsters) is attributed to asthma.

What happens during an asthma attack?

During an attack, the asthmatic has difficulty exhaling spent air that is laden with carbon dioxide. The labored exhalation creates a wheezing or whistling sound that is characteristic of asthma. Other signs of attacks are chest tightness, coughing, shortness of breath, and sometimes a bluish discoloration of the skin caused by oxygen depletion.

With the attack, the lining of the airways may become swollen and inflamed and secrete excess thick mucus that further obstructs the flow of air into the lungs. The asthmatic then does not get enough oxygen and retains excess carbon dioxide. With each effort to breathe, the condition worsens.

Usually attacks are short in duration, but if they're not treated, they may become increasingly prolonged and severe. Then, in some cases, the heart must beat harder to supply blood-borne oxygen to the lungs, and undue strain may be placed on other vital organs as well. However, today's advances in treatment make such complications rare.

continued

What parents can do

If your child has asthma, try to keep him (or her) away from anything that you know makes him wheeze. Attacks may be caused by exposure to household dust and mold, dogs and cats, perfumes or other strong odors (particularly paint), grass cuttings, pollens, and foods. Don't let anyone smoke in your house or car.

Keep your house as allergy-free as possible, especially the child's bedroom (see page 52). When possible, it's a good idea to spread a clean blanket or pad on the carpet before the youngster lies down on it.

If you are able to sense the onset of an attack, go ahead and give your child his asthma medicine (for example, when he does something that you know will make him wheeze, and when he has a cold or any infection). However, if he has a fever, check with your doctor first.

If the child's breathing becomes uncomfortable, or if he vomits more than once or twice in several hours, or if his condition does not improve with home treatment, contact your doctor.

To loosen mucus, encourage the child to drink lots of water, juices, and other fluids. A child with severe asthma may not be able to eat, but he should drink to maintain body fluids and avoid dehydration.

In general, see that your child gets plenty of rest, a normal amount of exercise when his asthma is under control, and a balanced diet. Try to appear calm and confident, especially during attacks. Treat him the same way you do your other children when he is well. And cooperate fully with your doctor.

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continued

Asthma

Is asthma inherited?

The tendency to develop asthma can be inherited. If both parents have asthma, the chance that the child will too is as high as 60 percent. More boys than girls are affected. Although the disease can develop at any age, it most often begins at a very young age, often the first year or two of life.

Happily, some children have only one attack, others outgrow the disorder by the age of five, and still others are helped significantly when the cause of the attacks is identified. In many youngsters, the condition improves considerably in adolescence (possibly because the size of the bronchial tubes increases as the lungs mature).

What causes asthma attacks?

In many cases, the cause is a viral respiratory infection—the same virus that causes a common cold. In other cases, the cause can be an allergy—an abnormal reaction to substances that are normally present in the environment.

When these substances, called allergens, are inhaled, swallowed, or injected, they may trigger a strong response. Specialized cells in the bronchi release a chemical (histamine) that causes muscle spasm and constriction, and narrowing of the bronchi.

Among the common allergens that can trigger asthma attacks are:

- pollens (from nonflowering trees and weeds)
- molds (from plants, hay, and dead leaves)
- dusts from many sources
- animal dander (from cats, dogs, birds)
- foods (nuts, shellfish, milk, eggs).

Asthma attacks also can be triggered by respiratory infections and strenuous exercise. While asthma due to respiratory infections is particularly troublesome in infants and young children, it also may affect middle-aged or older people. And respiratory infections can seriously aggravate all types of asthma.

The exact link between strenuous exercise and asthma attacks has not been established, but it's thought that rapid, deep breathing and the tendency to breathe through the mouth rather than the nose may be factors. At any rate, an asthmatic who exercises definitely should take anti-asthma medications as prescribed.

Nonallergenic irritants in the environment also can trigger asthma attacks. These irritants include certain drugs and chemicals, tobacco smoke, air pollutants, aerosol sprays, cooking or industrial fumes, cold air, and paint.

How is asthma diagnosed?

The wheezing, coughing, and shortness of breath associated with asthma also are symptoms of several other respiratory diseases (such as bronchitis and emphysema). To make the correct diagnosis, your doctor may first conduct a thorough physical examination including X rays, pulmonary function tests, and other laboratory tests.

The doctor also may work up a detailed history—with the help of the parents if the patient is a child. The history includes the family's and the patient's history of illness; the patient's daily routine, activities, and

continued



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continued

Asthma

environment; and the timing and circumstances of attacks.

If an allergy is suspected, skin tests may be made to determine sensitivity to allergens. To determine the precise allergen, the doctor may follow up with actual trials, such as prescribing a suspected food and checking on the reaction to it, or removing the food from the diet and seeing if the condition improves.

How are asthma-inducing allergies controlled?

When the trigger for the asthma attacks has been identified, the first and most important step is to remove the allergen from the environment of the patient as much as possible. You may have to find a new home for a family pet, or make sure the patient strictly avoids a particular food or chemical. If cigarettes contain the allergen, the patient may have to kick the habit. Certain flu-like respiratory infections that aggravate asthma can usually be prevented by vaccines.

There are many steps your physician may recommend that you take to eliminate possible allergens around the house, particularly in the bedroom:

- Strip the bedroom of anything that may cause allergic reactions (stuffed toys, carpets, upholstered furniture, out-of-season clothing, and clutter).
- Avoid pillows stuffed with feathers, down, or kapok. Instead, choose synthetic, machine-washable pillows or use a plastic covering.
- Cover mattresses and box springs with plastic or purchase "allergy-free" products with special coverings.
- Use blankets that are not fuzzy (cotton is best) and wash them every two weeks. Bedspreads should be of a smooth fabric and washable.
- Avoid using window shutters or venetian blinds; if they are used, dust them with a wet cloth at least weekly.
- Clean the bedroom at least once a week with a nylon mop or vacuum, while the asthmatic is out of the room.
- Do not use household products with strong, pungent odors—products such as insecticides or other sprays, camphor, mothballs, pine oils, floor waxes, or furniture polish.
- Avoid damp or excessively cold air in the bedroom at night. Keep windows closed or open a crack at the top (except during pollen season in the spring and early fall).

The asthmatic should sleep *only* in his or her own bedroom and rest there as much as possible when asthma symptoms develop.

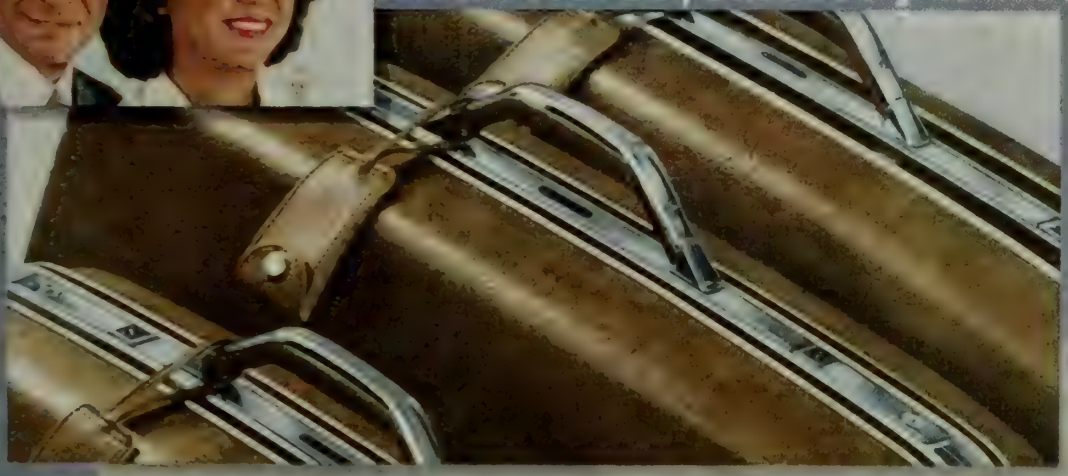
During pollen season, keep your house closed up as much as possible. Set your air conditioner to recirculate air rather than to take in fresh air from outside. In general, air conditioner filters are not fine enough to remove all pollen from outside air.

If it is impossible to avoid exposure, the answer may be a technique called hyposensitization. Tiny doses of the allergen—just as much as the patient can handle without producing symptoms—are injected under the skin. Gradually, these doses are increased until the body can tolerate substantial amounts.

continued



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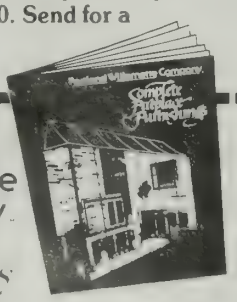
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Asthma

What drugs may help?

Anti-asthma drugs cannot cure the disease, but they can prevent and relieve symptoms. If one drug doesn't work, another can be substituted or added to help the patient. Among the older and most widely used bronchodilators (drugs that relax the bronchial muscles and keep the airways open) are *theophylline agents* and the *adrenergic drugs,* which provide continuous 24-hour bronchodilation. While effective, these drugs in the past often produced adverse side effects—loss of appetite, gastrointestinal upset, irritability (with theophylline), and nervousness, shaking of the limbs, and rapid heartbeat (with the adrenergic drugs).

In the case of theophylline, studies showed that the side effects of the drug usually were due to improper dosages. Today, the side effects have been largely eliminated by carefully monitoring the dosage level in the patient's blood and constantly maintaining the best level for the patient. (This is much easier today with new products that maintain the optimum blood level with only a twice-daily dosage.)

The adrenergic drugs such as ephedrine and adrenalline stimulate the adrenergic (or sympathetic) nervous system. Further understanding of the action of these drugs has led to improved adrenergic agents that produce substantially fewer and less severe side effects.

A relatively new drug, *sodium cromolyn,* has proved successful in preventing acute attacks in many patients. The medication can be inhaled on a regular basis and is one of the new drugs that has enabled some young asthmatics in particular to fully participate in strenuous activities.

Steroids such as cortisone and prednisone, which are powerful anti-inflammatory agents, are extremely effective in treating attacks in all types of asthmatics. However, prolonged daily use can result in serious side effects (growth inhibition and suppression of the adrenal glands). The use of short-acting oral steroids such as prednisone taken on an alternate-day schedule has proven to be a relatively safe way to prevent symptoms that cannot be controlled by other drugs. Recently, a steroid inhaled in aerosol form—beclomethasone dipropionate—has become available. This offers another way of providing continuous steroid therapy with fewer side effects.

Dr. Dorothy Sogn of the government's National Institute of Allergy and Infectious Diseases (NIAID) believes the development of these sprays marks a major advance in treatment.

"Steroids taken in other forms—pills or by injection—affect the entire body. But when steroids are inhaled, they are mainly confined to the target area—the respiratory tract—with minimal absorption into the general system. The risk of side effects is greatly reduced," says Dr. Sogn.

When is hospitalization required?

Where severe attacks cannot be stopped by self-administered medications, the asthma patient may have to go to the hospital. There, he or she is given oxygen and injections of adrenaline and steroids. Fluids lost during the attack are replaced through the veins, and some of the other anti-asthma drugs mentioned above are administered intravenously. Such measures usually can reverse the most stubborn asthma attacks within days or even hours.

Where can you learn more about asthma?

A variety of institutions and private agencies across the country are sponsoring new programs to assist asthmatics of all ages and their families. These organizations offer free educational publications on every aspect of asthma, provide professional counseling and guidance, and furnish referrals to physicians, institutions, self-help clubs, and community health services. For information, write to:

- Asthma and Allergy Foundation of America, 19 West 44th Street, New York, NY 10036
- American Lung Association, P.O. Box 596, New York, NY 10001
- National Institute of Allergy and Infectious Diseases, National Institutes of Health, Bethesda, MD 20205
- National Jewish Hospital/National Asthma Center, 3800 E. Colfax Ave., Denver, CO 80206

—William Cole



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Buying and Building a Log Home

There's much more to buying and building a log home than getting a loan, mailing a check, and assembling a kit. Here are a few points you must consider to keep yourself out of a logjam.

Check out the companies

Two hundred or more companies are in the log home business. Some have huge factories, computerized design capabilities, nationwide dealer networks, and thousands of satisfied customers. Other companies aren't that big but have excellent reputations. And a few, frankly, are just trying to make a fast buck. All types of log home manufacturers publish glossy brochures full of gorgeous photos of their products. But since you can't tell much about a manufacturer by looking at pictures, and since the brochures cost upwards of $4 each, you'll need a better way to size up the companies.

There's a publication that can help you. The *Log Home Guide for Builders and Buyers,* a quarterly magazine published by Muir Publishing Co. Ltd, Gardenvale, Quebec, Canada H9X 1B0, carries informative articles and reviews of more than a hundred companies. (Four issues cost $12.)

Throughout the magazine you'll see the symbol of the Log Home Council, a branch of the National Association of Home Manufacturers that polices and funds research for the log home industry. About 20 log home companies have joined the LHC. Naturally enough, those who belong to this elite group say membership in the LHC is the single most important indication of a company's reliability. However, many reputable companies do not belong, primarily because they can't afford the LHC's high membership fee.

Know your logs

In the brochures you'll find homes built of red cedar, white cedar, pine, spruce, and cypress; round logs, D-shaped logs, and square logs; solid logs and hollow logs. There are logs as small as five inches in diameter and as big as 12 inches. The various species of wood don't differ much from one another structurally. But the diameter of a log does affect its insulating capability: the bigger, the better. The shape of a log might be important cosmetically: A D-shaped log, for example, is round on the outside of the house and looks like paneling inside.

More significant than those factors is how much moisture the logs contain as they go into the walls of a house. Most LHC member-companies sell green timber cut from living trees, which contain a lot of water. Several sell logs cut from standing-dead trees, which have had years to dry. Very few sell logs that are cut green and stored until their moisture content drops to 15 percent or less. (This raises the manufacturers' overhead, and they pass their expenses on to kit buyers.)

A dry log is stable: It doesn't go through any noticeable changes after it's in the wall. A green log, however, does change as it dries. Log home builders who know what they're doing can build equally sound and airtight houses of both types of logs. But green logs can cause big problems if planning is inadequate or shortcuts are taken.

A green log eight inches in diameter can shrink by as much as half an inch as it dries; an eight-foot wall of green logs might settle four to six inches. You can imagine what would happen if windows and doors were snugly installed before the shrinking started. This shrinking causes logs to twist and warp. The result is gaps here and there in the walls, and these gaps must be caulked or chinked. A clear explanation of these problems and their solutions should be included in the kit maker's instruction book.

If you're considering standing-dead timber, don't be concerned about the cause of death. Some trees are killed by fire, some die of old age, and most are done in by insects. None of these causes has a measurable effect on the strength of the wood.

Regarding logs killed by bugs: No insects are likely to crawl out of the woodwork. Most bugs that bore into living trees go through the bark but only a fraction of an inch into the wood. And when the trees die, the insects move out. Since the standing-dead trees used for log homes have been dead for years, there's little chance of bugs' remaining in the timber. Also, most manufacturers treat their logs to prevent new infestation, and this usually kills off any old bugs, too.

Don't fret about log R values

Most insulation materials, such as fiber glass, are tested when absolutely free of moisture. You can't dry a log completely, and any moisture in the wood—even just 15 percent—wrecks a log's chances of getting a high R value (a measurement of resistance to heat loss). Yet a log is a superb insulator. Anyone who has lived in a well-built log structure for any length of time will tell you that the interior stays cool in the summer and warm in the winter. R values aside, a log house that has no additional insulation in its walls can be 25 to 30 percent more energy-efficient than a frame house insulated in the conventional manner.

Don't try to do all the labor yourself

If you merely order a kit and leave everything else up to a contractor, you can expect to pay about as much for a log home as for a comparable frame house. To save money, you might want to do much or all of the work yourself, investing your own muscle power instead of a contractor's. You'd then buy only a shell kit, which might cost only $16,000-$20,000 for a 1,500-square-foot house; utility supplies; and finishing goods.

Unfortunately, few people have the muscle, time, and perseverance to build their own log homes. Here's why: A typical log weighs hundreds of pounds; the average kit contains 600 pieces; roughly 2,000 man-hours of labor are needed to finish a kit house; and your lending institution is going to give you just a few months to have your house in livable condition. No matter how strong you are or how many burly friends you bring with you, you'll probably have trouble getting a loan if you intend to work without professional help. If you choose not to hire a pro full time, you should at least put a contractor on retainer so you'll have someone you can turn to whenever you get stumped.

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Make-ahead chocolate desserts

When you want an elegant finish to a family dinner or special party, plan to serve one of these delectable chocolate desserts. Each can be made ahead and stored either in the refrigerator or freezer.



Photograph: Dieter

CHOCOLATE-ORANGE MOUSSE

Prepare this luscious dessert in individual molds, as shown, or in an 8-inch springform pan—

1 envelope unflavored gelatin
¼ cup cold water
2 squares (2 ounces) semisweet chocolate
3 tablespoons orange liqueur
4 egg yolks
½ cup sugar
4 egg whites
¼ cup sugar
½ cup whipping cream
Chocolate curls

In a small saucepan soften gelatin in cold water. Add the 2 squares chocolate; heat and stir over low heat till gelatin dissolves and chocolate melts. Cool slightly; add liqueur.

In small mixer bowl beat egg yolks on high speed of electric mixer about 5 minutes or till thick and lemon-colored. Gradually beat in the ½ cup sugar. On low speed gradually add the chocolate mixture, beating just till blended. Wash beaters thoroughly. In large mixer bowl beat egg whites till frothy.



saucepan combine sugar and cornstarch. Gradually stir in the reserved syrup. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 minute more. Add drained cherries. Cool. Spread over chilled pudding layer. Cover and chill several hours or overnight. Before serving, whip cream to soft peaks. Pipe over cherry mixture in a lattice design. Sprinkle with nuts. Cut in squares to serve. Makes 12 servings.

FROZEN CHOCOLATE CHIP CHEESECAKE

Since this cheesecake is very firm when frozen, be sure to let it stand as directed before serving—

1¼ cups crushed graham crackers (about 17 crackers)
¼ cup sugar
6 tablespoons butter *or* margarine, melted
1 8-ounce package *plus* one 3-ounce package cream cheese, softened
1 quart chocolate ice cream
½ cup chopped semisweet chocolate pieces

In a bowl combine graham cracker crumbs, sugar, and melted butter or margarine; mix well. Press on bottom and 1¾ inches up the sides of an 8-inch springform pan. Chill.

In large mixer bowl beat cream cheese with electric mixer till fluffy. Set aside. Stir ice cream just to soften. Gradually add to cream cheese, beating with mixer till smooth. Fold in chopped chocolate. Pour into crust. Cover and freeze 8 hours or overnight. To serve, let stand at room temperature 30 to 40 minutes. Top with whipped cream and additional chocolate pieces, if desired. Serves 8 to 10.

Gradually add the ¼ cup sugar, beating to stiff peaks (tips stand straight). By hand, fold in the chocolate mixture. Beat the whipping cream to soft peaks. Fold into the chocolate mixture. Turn into six 1-cup molds or one 6-cup mold. Chill overnight. At serving time, unmold and garnish each serving with chocolate curls. Makes 6 to 8 servings.

BLACK FOREST SQUARES

Try this easy takeoff on the classic Black Forest torte—

1 package 1-layer-size chocolate cake mix
1 8-ounce carton dairy sour cream
1 package 4-serving-size *instant* chocolate pudding mix
1 cup milk
¼ cup crème de cassis *or* brandy
1 16-ounce can pitted dark sweet cherries
2 tablespoons sugar
1 tablespoon cornstarch
½ cup whipping cream
¼ cup toasted sliced almonds

Prepare cake mix according to package directions. Turn batter into a greased and floured 13x9x2-inch baking pan. Bake in a 350° oven 10 to 12 minutes. Cool completely in pan.

In large mixer bowl beat sour cream, *dry* pudding mix, *⅓ cup* of the milk, and the crème de cassis till mixture is fluffy. Gradually add remaining milk, beating till smooth. Pour over cooled chocolate cake. Cover and chill.

Meanwhile, drain cherries, reserving ¾ cup syrup. In a



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FOOD

SPECIAL DIETS:

Low-Calorie Labeling

You may have noticed recently that your favorite diet food is sporting a new label. That's because the Food and Drug Administration has established new labeling regulations for certain foods. As a result, you can be sure that foods labeled "low calorie" really are low in calories and that foods labeled "reduced calorie" offer a substantial caloric savings. In addition, you'll be able to become more knowledgeable about the diet foods you buy.

During the transition period, you may see two versions of the same food on supermarket shelves—one with the old labeling and one with the new. Don't be confused. Only the labels have changed—the foods are the same.

Which foods can be labeled "low calorie?"

Any foods labeled "low calorie" must meet strict requirements. First, the foods can contain no more than 40 calories in one normal serving. Second, the foods must fall within specific caloric density guidelines (no more than 0.4 calorie per gram of food—that's about 11 calories per ounce).

Some foods, such as celery or lettuce, are naturally low in calories. The FDA calls these foods "unaltered." They, too, can be labeled "low calorie" as long as the words follow, rather than precede, the name of the food (to avoid any implication that the foods have been altered in some way).

What does "reduced calorie" mean?

To be called "reduced calorie," a food must contain at least one-third fewer calories than its unaltered counterpart. The "reduced calorie" food must also be equivalent in nutrition, flavor, texture, and appearance.

Artificially sweetened canned pears packed in water, for example, could carry the reduced-calorie label. In appearance and taste, the pears are similar to syrup-packed pears. Equally important, artificially sweetened pears contain 62 percent fewer calories than the syrup-packed fruit. The label would bear this statement: "42 calories per one-half cup serving, 62% less than pears packed in heavy syrup."

What other terms can be used?

"Nonnutritive"—Some ingredients such as cellulose and saccharin have no nutritional value and can be used to make a food low calorie or reduced calorie. If that's the case, the name of the nonnutritive ingredient and the percentage by weight (nonnutritive sweeteners excepted) must be stated.

"Sugarless," "sugar-free," and *"no sugar"*—Many people think these terms mean "low in calories" as well as "free of sugar." Therefore, labeling regulations now require that these terms can be used on the label only if the food also meets the low-calorie or reduced-calorie rules. If it does not, a disclaimer must be made such as "not a reduced-calorie food," "not for weight control," or "useful only in the prevention of tooth decay."

"Unsweetened" and *"contains no added sweeteners"*—These terms may be used without the above disclaimers on labels of foods like fruit juices that are naturally sweet.

"Diet" and *"dietetic"*—These words can only appear along with a low-calorie or reduced-calorie claim, or when a food is useful for specific dietary purposes (e.g. low-sodium diets).

"Diabetic"—Manufacturers can no longer use this term as part of a food name. If a food benefits diabetics, you'll find a statement: "Diabetics: This product may be useful in your diet on the advice of a physician." If the diabetic product is not low or reduced calorie, the label must also state: "This food is not a reduced-calorie food."

What about nutritional labeling?

Any food that carries the low-calorie, reduced-calorie, or diabetic label must also give complete nutritional information. The label should tell you the size of a serving, the number of calories in a serving, and the amounts of carbohydrate, protein, and fat. You'll also find amounts (stated in percentages of the U.S. Recommended Daily Allowances) of major vitamins and minerals.


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Easy-access kitchen

Who says a kitchen has to be on the outer fringes of a house? This efficient kitchen sits smack in the middle of a new home, ensuring easy access to the rooms that surround it. And the U-shaped room receives plenty of light despite its inside location.

This compact central kitchen (11x13 feet) was designed for maximum accessibility to surrounding rooms. A swinging door opens to a dining room at one end of the kitchen, and a serving counter and shuttered pass-through give access to the family room at the other end.

A long breakfast bar is located on the opposite side of the sink wall in a extra-wide passageway that's filled with east-facing windows. The bar runs the entire length of the kitchen and seats the entire family for casual meals.



Photographs: Hopkins. Field editor: Maxine Schweiker

When the homeowners entertain on their deck, the breakfast bar also serves as a convenient buffet. (The deck is located just outside the sliding-glass doors at the family-room end of the breakfast bar.)

The decision to leave the two walls of the kitchen open to the adjoining rooms paid off two ways. The small kitchen space is now an integral part



Design: Jim Wilkins, A.I.A.; David Rothchild

of the family room and the breakfast area, so the cook can join in family goings-on. And the interior, windowless kitchen gains light through the windows serving the outer rooms.

The kitchen itself is a warm and pleasant place to work. The rich wood cabinetry and the sturdy carpet underfoot are good-looking as well as easy to care for. The shape of the kitchen is a functional U; the double sink on the right and the refrigerator at the end of the U form an efficient work triangle with the stove across the way.

The microwave oven above the conventional range is at eye level for easy viewing of fast-cooking foods inside. Overhead, four translucent panels hide fluorescent fixtures that illuminate the entire length of the kitchen.



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GF GENERAL FOODS

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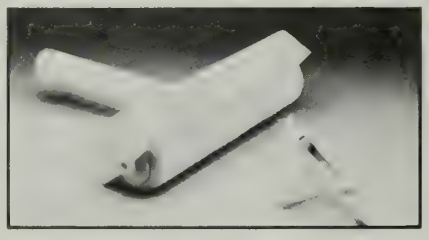
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Kim Garretson

Good News

Look for these new products at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

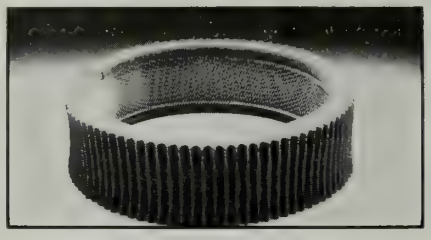
Home fix-up duo



These tools can make painting and paperhanging neater and faster. The roller's shield simplifies clean-up by catching the drizzle of paint thrown off by the roller. And the wings of the corner cutter assure straight cuts by following the intersection of two walls.

Splatter-Shield Roller, about $5.50; Corner Cutter, about $2. Padco, Inc., 2220 Elm St. S.E., Minneapolis, MN 55414.

Long-lasting air filter



This polyurethane air filter is guaranteed to last for the life of your car. What's more, it can stop more dirt—the primary cause of engine wear—from entering the engine than paper filters can. Just clean the filter at regular intervals and treat it with a special filter oil.

LTF Air Filter, about $12.50. Filter oil, about $2.70 (7½ oz.). Amsoil Inc., Amsoil Building, Superior, WI 54880.

Battery recharger



This low-cost recharging system can make one nickel cadmium battery last for up to 1,000 charges. The small plug-in charger (right) connects to one nine-volt battery or adapters that hold two C-, D-, or AA-size batteries. The recharging takes 14 to 16 hours.

Again & Again, kits (charger, adapter, and two batteries), from about $10 to $13. Gould Inc., P.O. Box 43140, St. Paul, MN 55114.

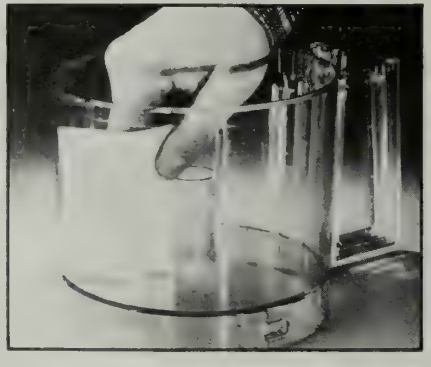
Siding paint



If the aluminum or metal siding on your house looks a bit weather-beaten, this latex exterior paint can make it look like new again. The coating dries to a finish that closely matches the sheen, surface, and durability of the original baked-on enamel coating.

Metal Siding Refinish, about $20 (gallon). PPG Industries, Inc. 10N, One Gateway Center, Pittsburgh, PA 15222.

Nifty scoop



With this Y-shaped spatula you can quickly scoop out all food stuck to the sides, bottom, and center post of a food processor bowl. The dishwasher-safe white polypropylene spatula fits most leading food processors and stores in the bowl when not in use.

Rotoscoop, about $3. LEL Products, Inc., 60 Continental Ave., Forest Hills, NY 11375.

Quick stain



Many weathering stains bleach the wood, chemically damaging it in the process. This one doesn't affect the wood because only pigments in the stain itself change color. And the stain turns the wood to a silvery driftwood color in just six to nine months.

Cuprinol Weathering Gray Stain, about $16.50 (gal). Darworth Co., P.O. Box K, Avon, CN 06001.

continued

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2 mg. "tar", .2 mg. nicotine, av. per cigarette,
FTC Report DEC. '79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Good News

Slim lamps



At first glance, these slim-line lamps look like fluorescent tubes, but actually they're incandescent lamps with the power supplied from the rear. That means you can create unique effects by installing any number of the 16-inch-long lamps with the ends touching to produce continuous strips of light.

Narrow Profile Lamps, about $8 to $8.95. North American Philips Lighting Corp., Hightstown, NJ 08520.

Vault door



You can turn a closet into a hidden burglar-proof vault by installing this steel security door behind the regular closet door. The door is clad in 24-gauge steel and has three dead bolts (operated by one key or an inside panic latch) that fit into the steel side jamb. Installation takes about 30 minutes.

[illegible]

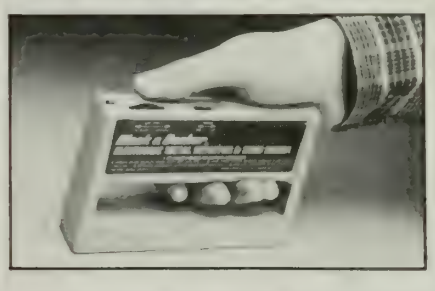
Auto alarm



If a thief started a car equipped with this device, the horn would sound four seconds later. And if he disconnected the horn and tried to drive away, the engine would stall and not restart. All you need to install the device is a screwdriver and wire-cutting pliers.

Secret Switch, about $25. Taylor Lock Co., 2034 W. Lippincott St., Philadelphia, PA 19132

Metal detector



As you move this metal detector over a wall, a light goes on when the device passes over a stud nail (and thus a stud). If you lose rings, keys, or other objects in carpeting or grass, the device will help you find them. Power is supplied by one nine-volt battery.

Electronic Metal Detector, about $14. Black & Decker, 701 Joppa Rd., Towson, MD 21204.

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Kim Garretson

How to "RENEW" Your Car

Have you ever noticed how used cars on a dealer's lot often look as shiny inside and out as a new car? That's because they've been "detailed," or professionally cleaned up. The job costs under $100, and it can raise a used car's market value 15 to 20 percent. If you're thinking of selling your old car yourself, or if you just want to spruce up the old chariot, you might consider having it professionally "detailed." It's also possible to do the job yourself—provided you're willing to put in the necessary time and effort.

"Detailing," is an automotive trade term for treating flaws—however minor—that can lower the appeal and value of a used car: grease and dirt on the engine, and on the carpet; dull paint and trim; spots on the upholstery; and streaks on the dashboard and headliner (ceiling). Dings, dents, scratches, and rust marks on the exterior paint and bright metal are other defects that can lower a car's value, and usually these are repaired before detailing is done.

Because detailing is a specialty technique, many auto dealers contract the work to "detail shops." There, the experienced personnel use top-quality materials and special equipment and handle the exacting work with considerable skill and speed.

Detailing a car yourself can be tough, requiring a combination of tools and materials, elbow grease, and, most important, time. To show you what's involved, we've described below the steps in a professional detailing job.

How detailing is done

Professional detailing restores three sections of a car: the interior, including the trunk; the exterior—paint, bright metal, and fabric or vinyl top; and all components under the hood. Detail shops break their pricing down to the individual sections, so it's usually possible to get only part of the car detailed, if you prefer.

The cleanup step

If your car will get a complete or exterior-only detailing, shop personnel first spray the exterior and under the hood with a mixture of diesel fuel (not appropriate for amateurs) or kerosene, sometimes containing degreasing compound. (The distributor, ignition wiring, and air filter are usually protected with plastic bonnets.) You'll have to wash the car with detergent and water and use a commercial degreaser if you're doing the cleanup yourself. The spray loosens road oil and helps dissolve the gobs of grime that build up on the leading edges of the engine and its accessories. After spraying, the car is left to sit for about an hour so the solution can soak in and loosen grime.

Next the car is thoroughly washed; it's scrubbed down with large wash mitts to dislodge all chunks of greasy dirt. Then the car is sprayed with clean water, scrubbed again, rinsed, and dried with warm-air jets.

The polishing steps

The biggest difference between a professional job and what you could do at home occurs at this step. The car's paint is treated with large power buffers and a fine but powerful abrasive, a special compound that is available only to detailing shops and is never sold to the public. (The commercial rubbing compounds and polishes you can buy and apply by hand do a creditable job, but not as good as this compound does.) The compound costs $125 a gallon, but only about $4 worth is required for a mid-size car. When applied by an expert, the compound delicately grinds oxidized paint from the surface and leaves a mirror finish of glistening, like-new paint. The operator knows how much pressure to apply and how fast or slow to move the buffer to heat the surface slightly and make the paint soft enough to erase many pores, minor scratches, and tiny chips. The same treatment restores the stainless steel and chrome trim metal to a sparkling finish. Each different type of paint—old lacquer, enamel, acrylic, etc.—requires a special type of the cleaning/polishing compound.

If your car has a vinyl top, it is cleaned and reconditioned following the paint treatment. A liquid cleaner also is applied to the black or white tire sidewalls.

After the exterior cleansing and polishing, the car is washed again, as are the tire sidewalls, doorjamb interiors, and trunk interior.

The interior steps

The passenger compartment—headliner (ceiling), upholstery, carpeting, instrument panel, door interiors, mats, package shelf, knobs and handles—is either washed; shampooed; or wiped, waxed, and polished. Most plastic surfaces on the dashboard and door liners and most plastic upholstery are treated with a leather/plastic polish or a cleaner/polish containing silicone. Carpets and fabric upholstery are shampooed with a heavy foam, which is then wiped off by hand. The carpet is dried with a powerful vacuum cleaner that pulls out most of the moisture. (You may find the seats will be slightly damp for a day or so after detailing.)

If necessary, fabrics including the carpets are redyed with fabric dyes that match the original factory colors. This is another specialty technique, and it requires a tiny spray gun or large mitts for hand application of the dye. A complete detail shop will have at least 30 dye colors on hand; the dyes are usually not for sale to the public.

The under-hood steps

All under-hood parts are thoroughly dried with an air gun and then re-

continued

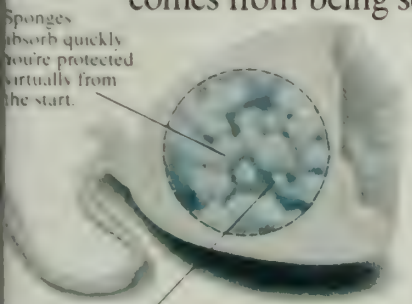
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continued

"Renew" your car

painted the original factory color. The many black items on the engine, such as the radiator, power steering pump, and fire wall, also are painted so the engine compartment looks much the same as a brand-new engine.

To find a detail shop in your community, look in the Yellow Pages under "Automobile Detail and Cleanup Services" or "Car Washing and Polishing." In the latter case, make sure a shop you're interested in is not simply a car wash. Look for the listing of special services—engine cleaning and painting, polishing, etc.—in the ad or call to ask if the shop does detailing.

Shop for the best price

The detailing procedure we described is that of a Midwestern detail shop that charges $60 for the complete job; their volume averages about 30 per day. Lower volume operators might charge more—up to about $90. And remember you can have one or two of three individual sections of the car detailed. If you do, expect to pay more than one-third or two-thirds of the price of a complete detailing. If your car's paint, trim, carpets, and upholstery are in reasonably good condition, you probably can get estimates over the phone. Always ask for a complete list of the procedures the estimate includes. If the car needs any special treatments, take it in for an estimate.

Do-it-yourself products

You can expect to spend $40 or more on all the products you'll need for a home detailing job. Of course you won't use up every product so you probably can detail two cars for this price. You'll probably need to buy: rubbing compound, paint polish, auto wax, chrome polish, engine cleaner (not carburetor cleaner), upholstery and/or carpet shampoo, vinyl top restorer and polish, a plastic cleaner or leather/vinyl polish for the interior, and spray paint for the engine.

Here are a few precautions to take while doing the work yourself:

- Don't apply too much pressure to the exterior paint while using rubbing compound. Work slowly in a circular pattern, taking special care not to bear down too hard on the corners of body metal and on ridges in the body metal. We don't recommend power buffers for restoring the finish; they're best for buffing waxes to a shine.
- Disconnect and remove the battery before cleaning the engine. Also, before cleaning the engine with a commercial engine degreaser and a garden hose, cover the distributor, air cleaner, and coil with plastic wrap and secure it with twist ties. If you remove the air cleaner before cleaning the engine, also cover the carburetor and exposed ends of air cleaner hoses with several layers of securely fastened plastic wrap. When spraying the engine with a garden hose, keep the direct spray away from the covered areas.
- Allow the car to dry thoroughly before driving it. If you've used shampoo and water to clean the interior, a wet/dry vacuum will help pull out some of the moisture. Do not reconnect the battery until the engine has dried completely.

Dowland's Greensleeves Liqueur. 34.4 Proof. Imported by Foreign Vintages, Inc., Jericho, N.Y. 11753 © 1980



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NEW IDEAS



NOW YOU EASILY CAN MAKE COMFY COVER-UPS FOR EVERY FAMILY MEMBER

When the crisp autumn breezes blow, you'll want to be ready with warm and comfy cover-ups for every member of the family. And you'll find exactly what you need for those nippy days ahead in the new *Better Homes and Gardens® Sweaters and Afghans*.

Over 50 Projects to Choose From

You'll find complete how-to patterns and easy-to-follow instructions for knitting and crocheting over 50 projects. With this all-new 1980 *Sweaters and Afghans* issue, you'll be able to make striking jackets and cardigans, bright pullovers and ponchos, classic blazers and vests, hats and scarves ... and in sizes and styles for men, women and youngsters.

Plus, you'll be able to work up sweater favorites in yarns of earthy tones like brown, beige and rust. And you'll discover how to use Europe's newest yarns in distinctive quick knits. With *Sweaters and Afghans*, you'll learn how to combine great looks with casual comfort and make sweaters that will mix and match well with any fall wardrobe.

Projects for Beginners and Advanced Alike

Even a beginner will feel like a pro when following the easy directions to quickly complete the free-spirited patchwork sweaters and matching afghan sets. Or just by coordinating solid-colored yarns with tweeds one can create numerous sets of sweaters, afghans, stocking caps and knee socks, too!

Sweaters and Afghans also adds a touch of charm with two afghans that'll bring a bit of country indoors all winter long. These striped patchwork and daisy bouquet patterned afghans are just the kinds of projects to keep you busy when the temperature drops.

All-time afghan favorites are featured in *Sweaters and Afghans*, too. These popular spreads require a little time and effort but make big and beautiful everlasting home accessories. All the designs are worked in lovely colors with unique patterns and motifs. Especially practical, these afghans can be used and enjoyed for years to come.

Keep Your Family Warm and Make Yourself Proud

Practical and fashionable, *Sweaters and Afghans* combines timeless styles, versatile simplicity and adventuresome needlecraft to help beginners and advanced alike discover projects that will fill their winter evenings. The new *Better Homes and Gardens® Sweaters and Afghans* is available now wherever magazines are sold.

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Barbara Humeston

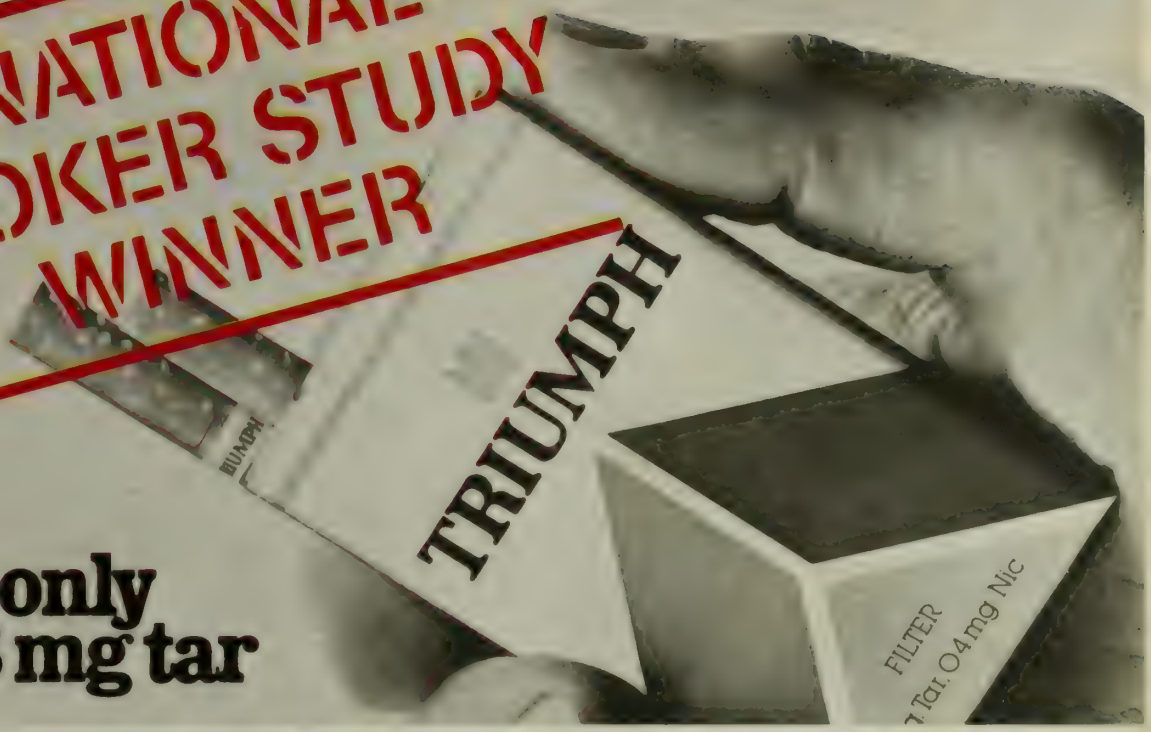
Health Problems Pets Can Inherit

Dogs and cats, like people, can inherit certain health problems or tendencies toward them. In many cases, geneticists have pinpointed which breeds are prone to which conditions. This information can save your family a lot of pain and expense by helping you choose a pet wisely and making you aware of problems that may crop up during your pet's lifetime. Common inherited ailments among dogs are indicated below. See page 78 for details on ailments that cats are heir to.

continued on page 76

Type of dog	Disease or abnormality	How to spot the problem
Many large and giant breeds, especially German shepherd, Samoyed, Irish Setter, St. Bernard, Newfoundland, several types of retrievers	Hip dysplasia (a malformation and looseness in the fit of bones at the hip joint). Mild cases may create few problems; severe cases lead to arthritis and crippling.	Usually will not show up in puppies. Ask the breeder to show you the Orthopedic Foundation for Animals' registration numbers of the sire, dam, and other ancestors.
Dachshund and some other long-bodied breeds	Disk problems in the back. Causes pain in mild cases; hind legs could be paralyzed if disk ruptures.	Usually shows up by age six, sometimes earlier; find out what you can about problems in the animal's ancestors.
Many toy breeds—Poodle, cocker, beagle, Pekingese	Disk problems in the neck. Causes pain when head moves; if disk ruptures, paralysis could result.	Same as above.
Many toy breeds—Chihuahua, Poodle, Pomeranian, Yorkshire terrier	Kneecap(s) slips in and out of place. Dog walks in crouching position or on three legs. Can sometimes be remedied surgically.	Veterinarians can detect this in puppies by feeling the joint.
Many large and giant breeds, especially German shepherd, cocker, also some retrievers	Ununited anconal process or elbow dysplasia (elbow bones don't grow together properly). Causes lameness.	Shows up on X ray by four months of age; symptoms usually evident by age five to nine months. Otherwise, check the family history.
Many toy breeds	Retained baby teeth. Causes discomfort and could require much dental care.	Not obvious till age six to eight months. Ask about the family history.
Miniature Poodle, dachshund, cocker, Irish Setter, beagle, several types of retrievers	Progressive retinal atrophy (serious eye problem). Starts with poor night vision and leads to blindness over a period of years.	Ask breeder for proof (such as ophthalmologist's or qualified veterinarian's report) that parents and other ancestors are free of this disorder.
Collie, Shetland Sheepdog	Collie eye anomaly (retina of the eye is detached in severe cases). Causes blindness.	The breeder should show proof that the animal's eyes have been examined and are normal.
Miniature Schnauzer, cocker, Poodle, German shepherd, old English sheepdog, Afghan, pointer, beagle, several types of retrievers	Cataracts (partial or total opacity of the eye lens). Severe cases cause blindness, but cataracts are sometimes operable.	Sometimes recognizable in puppies, but usually not present till later on; look for incidence in the family.
Chow, Irish Setter, several types of retrievers	Entropion (eyelids are turned in). Lashes cause irritation when they come in contact with the eye. Usually operable.	You might be able to spot this condition in puppies; have your suspicions confirmed by a veterinarian.
Irish Setter, cocker, bloodhound, St. Bernard	Ectropion (eyelids are turned out too much). Makes it easier for bacteria to invade the eye. Usually operable.	Same as above.
Dalmatian, bulldog, bullterrier, and many white-coated breeds	Deafness at birth. No treatment.	Sometimes difficult to recognize; have the animal checked by a veterinarian.
Toy breeds, especially Poodle and Pomeranian	Tracheal collapse (windpipe weakness that makes breathing difficult). Potentially fatal.	Won't show up in puppies; check parents and ancestors for incidence.
Short-nosed dogs, such as bulldog and Pekingese	Soft palate (upper rear of mouth) that is too long. Can cause difficulty in breathing.	To detect, listen and compare breathing in a number of puppies. Affected animals may snort and gag.
Many breeds	One or both testicles aren't descended into scrotum (sac). Requires surgery or castration to avoid possibility of tumors later.	You can spot by examining male puppies, though testicles sometimes descend as puppies mature.
Miniature Schnauzer	Clogged hair follicles on the back that tend to become infected periodically.	Often considered "normal" because so common; feel parents' backs for bumps.

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How to awaken young minds with



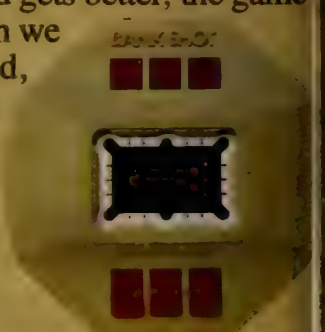
Simple sounds and lights add a whole new dimension of entertainment to games. But electronic games made by Parker Brothers do much more than blip and blink. Parker Brothers believes that an electronic game should stimulate the mind – even while a child is at play. So our games ask a child to remember, to plan, to think, to react, to create. But most of all, to have fun.





MERLIN™ awakens minds by putting memory, melody and a little bit of magic into the hands of a child. We put six completely different games in Merlin that give a child the opportunity to choose among outwitting a computer, composing a song, solving a puzzle, or achieving a feat of memory. Because we put so much into Merlin, everyone who plays it can get a lot out of it.

SPLIT SECOND™ awakens minds with constant challenge. Five games, five races against time and a myriad of realistic sound effects ignite the imagination. Yet Split Second constantly urges a player to excel, to make another effort. We made sure that Split Second could adjust to a player's skill level. So as the child gets better, the game gets tougher. When we created Split Second, we really made an electronic game your child will never outgrow.



Can an electronic pool game awaken a young mind? Really? If it's Parker Brothers' **BANK SHOT**™ it can. Just like a room-sized pool table, Bank Shot calls for a sharp eye and a deft touch. A child playing

lips and bleeps and blinking lights.







nk Shot learns plan ahead – to k the easy ots in order to into position the tough es. Just e life, Bank Shot is better when you plan ahead.

When your family plays **STOP THIEF,®** eryone's mind is awakened. A computerized ctronic crime scanner in Stop Thief gives alistic sound effect clues that help players ntify and arrest an invisible "thief." But the ost fun about Stop Thief is that special moment u'll have as a parent when you see a son or ughter learn the difference between "taking a ance" and "making the right decision."

Parker Brothers created **WILDFIRE™** to provide youngsters with the sheer fun of real pinball – in a game they can hold in their hands. Wildfire has flashing lights, a shooter button, flippers, bumpers, bonus points, even a "tilt" indicator. Wildfire is motor skill, eye-hand coordination, and all the excitement and delight of real pinball.



Parker Brothers builds electronic games so that children like yours can have fun. And we take care that our games are as exciting to the mind as they are to the eye, the ear and the hand. We *are* in the business of fun. But the most fun of all is that special feeling you'll have as a parent watching the fun happen.

PARKER BROTHERS

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begins on page 72

Pets' inherited health problems

Type of dog	Disease or abnormality	How to spot the problem
German shepherd, Keeshond, beagle, Poodle, and several other breeds	Epilepsy (periodic short electrical dysfunctions in the brain). Dog has convulsions.	Usually won't show up till about one year old or older; check the animal's family history.
Poodle, possibly cocker, collie, Pomeranian, Shetland Sheepdog	Patent ductus arteriosus (an open blood vessel near the heart that was supposed to close at birth). Requires surgery for survival.	Veterinarian can detect with stethoscope examination.
German shepherd, Irish Setter	Persistent right aortic arch (constricted ring of blood vessels in windpipe area). Difficulty in swallowing; operable if diagnosed early.	Be suspicious if puppy vomits when he eats solid food; have veterinarian check out and confirm your suspicions.
Beagle, miniature Schnauzer	Pulmonic stenosis (obstruction in the heart). Restricts blood and overworks the heart.	Lack of stamina; vibration in the left side of chest; have veterinarian confirm.
German shepherd, collie, Shetland Sheepdog, beagle, Doberman, cocker, several types of retrievers	Various blood factor deficiencies which create trouble in clotting. Severity varies.	Ask breeder if animal's parents and other ancestors were free of these deficiencies.
Newfoundland, boxer, German shepherd	Aortic stenosis (constriction of left ventricular outlet). Medication may be effective, but surgery usually required with no recovery guarantee.	Difficult to detect; check out the animal's family history.
Great Dane, Doberman	Wobbler Syndrome (compression of vertebrae). Causes unsteady gait, weakness, and incoordination primarily in hind legs. Medication may bring improvement, but surgery usually required with no guarantee of recovery.	Symptoms are generally evident by early maturity and may be confused with incoordination in rapidly growing puppy.

For collectors who know a good time when they see it.

The first patent for a calendar clock was issued to a man named Hawes back in 1853.

Today, his timepieces are sought by many serious collectors.

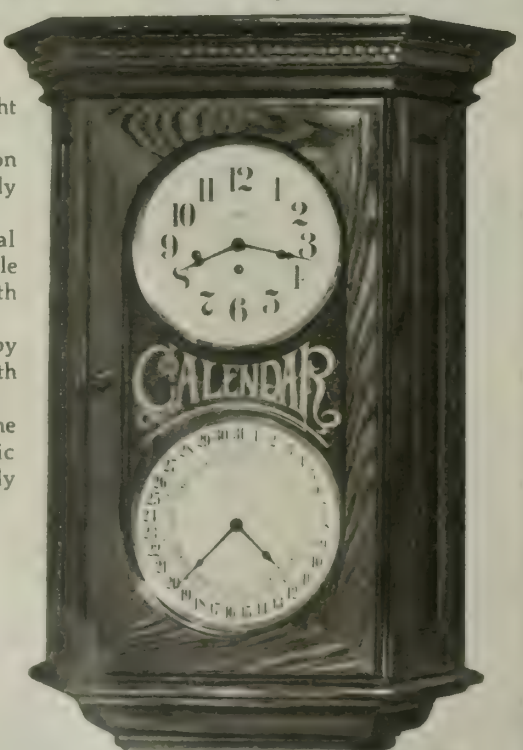
We're certain that our version of the Hawes clock will be equally popular in its own time.

Like the original, its top dial shows the hour and minute while the bottom dial shows the month and date.

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Beveling and detailing give the handsome oak case its authentic mid-19th Century look. A timely look for today's collector.

Howard Miller Clock Co.
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Patent pending.

Certainly not all inherited ailments are crippling or life threatening. But even a less serious ailment should be considered when prolonged and costly treatment is a possibility.

Don't switch; be selective

If your heart is set on a certain type of dog or cat, you don't necessarily have to switch breeds to avoid potential problems. Diseases or abnormalities run only in some *families* within the breed, not in every animal. But when you've zeroed in on a specific animal, examine him thoroughly and carefully investigate his family.

Certain disorders appear at birth or soon after. You may be able to spot some of these problems yourself. Others can be found only by a veterinarian. Ask the seller for at least 48 hours in which to have the animal examined before the sale is final.

Many hereditary ailments, however, show up only after the pet is a few years old. Also, with a possible 10,000 to 100,000 pairs of genes pooled in a single dog or cat, it can be difficult to predict with certainty if an animal will be affected. Diseases sometimes

continued



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continued

Pets' inherited health problems

skip generations or appear in some offspring in a litter, but not in others. Nevertheless, every generation that's free of a specific ailment or disease—three is a good goal—betters your pet's chances of being healthy.

Checking the family history

Generally speaking, look for breeders who can provide proof that their breeding stock is free of the more common problems associated with the particular breed they're selling. Most veterinarians can supply details about the most common inherited problems of any breed you're considering.

For instance, hip dysplasia plagues many breeds of large dogs. A breeder of, say, German shepherds should show you the Orthopedic Foundation for Animals (OFA) registration numbers of an animal's parents and possibly ancestors. OFA reads hip X rays, then registers only dogs that are normal. Similarly, the American Cocker Spaniel Club sponsors a Health Registry for cockers free of one or more of four serious hereditary diseases affecting that breed. But even with no formal registry, a breeder may still supply proof. For example, he might provide a signed document stating that an animal is clear of blood-clotting deficiencies or eye problems.

Diseases that show up late in a dog's life (such as disk problems) are more difficult to investigate. Don't hesitate to ask about family illnesses and to see the dam (and sire, if available). Any unwillingness by the seller probably means you should keep looking.

Inexperienced pet shoppers should steer clear of inbred animals—those from the mating of two close relatives, such as a father and daughter. With each inbreeding, the gene pool is decreased—accentuating the best qualities, but also bringing out the worst in each succeeding generation. Another choice is an animal from nonrelated parents, or one produced from line breeding (mating distant relatives).

Feline heredity

Purebred cats, as a whole, have fewer inherited disorders than dogs do. That also means sellers are less likely to provide proof that their breeding stock is healthy. But here are a few problems to watch for:

Manx—This cat is subject to chronic spinal defects, often causing persistent bowel and urinary tract problems. The show-quality (tailless) Manx is most likely to have trouble, but Manx with partial or whole tails may still be affected. Most difficulties won't show up till the kitten is six months old. Check the family history for tendencies.

Persians—These short-nosed cats may have trouble breathing. Listen to detect problems.

White, blue-eyed cats—These felines often inherit a tendency to be deaf. White kittens born with an area of pigmentation (usually on the top of the head), however, are exceptions—though the color usually fades with age.

—Emily Freeman



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Margaret McMahon

idea NOTEBOOK



Collector's ceramics

These stoneware miniatures of English homes are dear ($125 each), and it's easy to understand why. Each reproduction is handcrafted, hand painted, and painstakingly accurate, capturing in fine detail the charm of the original building. They range in height from 3½ inches to 6½ inches. From left to right in our picture, the houses are: a Cumbrian stone farmhouse of the 19th century; a typical late 18th-century Georgian town house; a 16th-century Cotswold stone cottage of a type still seen in Gloucestershire; and a thatched cruck cottage like those found in the Midlands. These miniature buildings are the first in a series that will represent houses from everywhere in the world. For a free 16-page color catalog of the entire Denby line, write Denby Ltd., 130 Campus Plaza, Edison, NJ 08817.

Decorating with style—by mail

Laura Ashley has become synonymous with a certain type of decorating that has an aura of warmth, simplicity, and delicacy. Small-flowered prints, soft colors, and ruffles and lace are all hallmarks of the style. Although there are several Laura Ashley stores around the country, only recently has the entire home furnishings collection been put together in a catalog. The catalog has 22 pages plus brochure inserts, and is illustrated in full color. All the well-known products are included: wall coverings, fabrics, ceramic tiles (these are new), paint, pillows, table linens, plus accessories such as quilts and boxes. You can order a catalog by sending $2 to Laura Ashley Inc., Box 1002, Building 296, Radar Street, Port Newark, NJ 07114.



The Metropolitan Museum of Art. Photograph by Henry Groskinsky

Museum wing reopening

For five years the popular American Wing of the Metropolitan Museum of Art in New York City has been closed for renovation. This spring the first and most significant phase of the remodeling was completed, to the delight of art scholars and those of us who are merely "Sunday" students of American art. The new American Wing is a stunning installation. It's built around the old building and includes lovely sun-filled galleries for paintings and sculpture as well as the famous period rooms. These 18 rooms —always the most popular feature of the Museum's American collections—have been carefully refurbished to reflect recent research. Seven additional rooms of the 19th and 20th centuries will open in the second phase of the renovation. The new wing is entered via a spectacular 70-foot-high, glass-enclosed garden court. With its soaring space, tall trees, sculptures, and formal gardens, the court alone is worth a special trip to the museum. Primarily, of course, the American Wing is valuable for its impeccable collection of American decorative arts—considered by many the finest in the world. If you'd like to know more about the collection, you can order a *Guide to the American Wing* for $9.95 plus $1.95 postage from 225 Gracie Station, New York, NY 10028.

continued on page 86

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BRACH'S

The candy store candy.

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continued

idea NOTEBOOK

Community beautification

In towns and cities all around the country, Americans are looking for ways and means to promote the historic and cultural heritage of their communities. One agency that offers guidance, encouragement, and sometimes seed grants to neighborhood groups is the America The Beautiful Fund. This nonprofit organization is dedicated to the premise that ordinary citizens *can* make a difference. The fund has sponsored thousands of projects ranging from converting a run-down movie house into a performing arts center to turning a vacant lot into a park. ABF is supported by foundations, government agencies, and individuals.

Membership in the America The Beautiful Fund is $5 a year and includes the quarterly newsletter *Better Times*. For more information or a subscription to *Better Times* write America The Beautiful Fund, 219 Shoreham Building, 806 15th St., NW, Washington, DC 20005.

A guide to country living

One of the most enduring decorating themes in America is the country look, and now there's a beautiful, glossy guide to this casual and gracious style of interior design. *American Country: A Style and Source Book* by Mary Ellison Emmerling examines every room in the house and includes a directory of museums and restorations, antique dealers, and contemporary manufacturers who make adaptations of country furnishings. When you read the book, you'll not only learn how to give rooms a country flavor; you'll also come to appreciate that "country" is a way of life—not just a room filled with special furniture. Clarkson N. Potter, Inc., One Park Ave., New York, NY 10016. $30.

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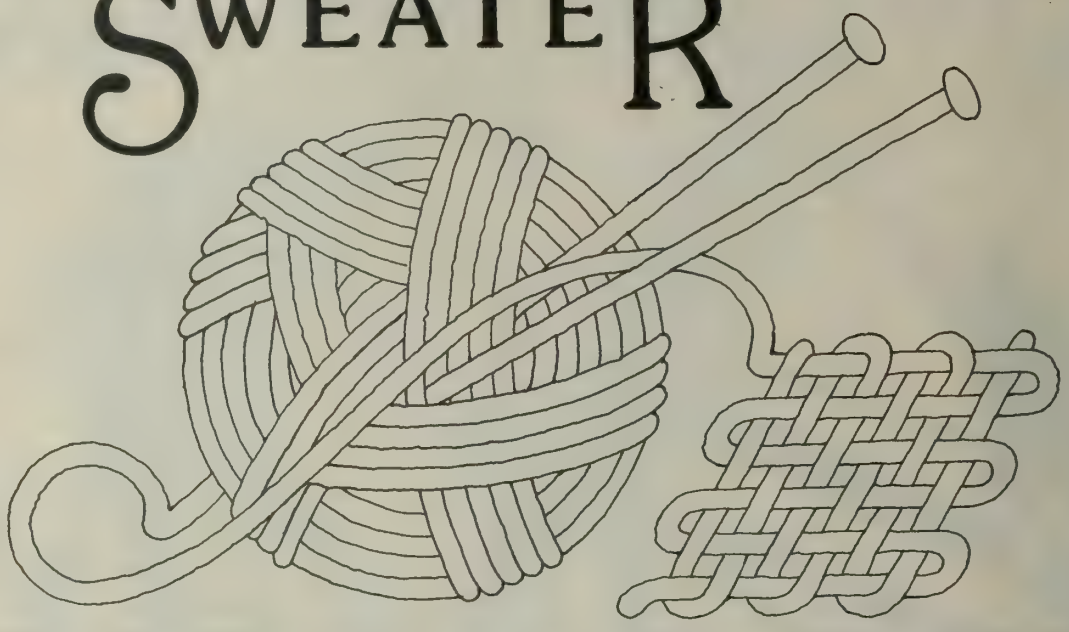
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one of your own.

KNIT A BETTER SWEATER



Did your first attempt to knit a sweater end in failure? Maybe you picked the wrong yarn or pattern, or mismatched the stitch gauge, or botched the blocking. Here are a few tips to help you knit a knockout sweater the next time around.

Choose the pattern carefully

Sweater patterns are easy to come by —magazines, books, and newspapers are good sources. Craft shops usually have a collection of pattern booklets for sale, along with other yarn and knitting supplies. For additional patterns, consult a friend who knits or check your public library's needlework section.

Be as selective in choosing sweater patterns as you would in selecting ready-made clothes. Sweater patterns follow fashions and fads, so compare the length of time you'll put into the sweater with how long you think it will remain in fashion.

Glance through the instructions first to get a good idea of how intricate the project will be. Avoid patterns that include knitting techniques you're unfamiliar with, such as picking up stitches around a neckband or making involved cable patterns.

Once you have selected a pattern, be sure to knit to the proper size. Most sweater patterns specify a knitted chest size that can serve as your guide. Other patterns may give a complete set of knitted dimensions. In either case, take careful measurements and follow them as closely as you can.

Select the right yarn

It's important to choose suitable yarn from the hundreds of brands and varieties available. Most sweater patterns specify the brand of yarn that should give you the results the designer had in mind. Often, alternative yarns are suggested, which is helpful when yarns are discontinued or no longer available.

If the pattern does not mention any particular brand of yarn, it should specify a yarn group. Knitting yarn is divided into groups such as bulky, worsted, sport, and lightweight. Use any type of yarn that falls into the same weight category. A knowledgeable salesperson can tell you which yarn to substitute, or search for a yarn with a similar gauge printed on the label.

Use caution, however, when substituting some types of novelty yarns. If your pattern calls for a worsted-weight yarn, be aware that a nubby yarn may lose its texture when worked as tightly as knitted worsted. Similarly, a mohair-type yarn may sag or weaken when substituted for a stronger sport-weight yarn with the same gauge.

Buy the best quality yarn you can find. When you price yarn, keep in mind that a handmade sweater will probably wear better and longer than a machine-made one.

Don't buy yarn simply because it looks attractive in the skein. The character of yarn changes as it is knitted. To avoid disappointment, buy just one skein and knit a small swatch. If you like the looks of the swatch, go ahead and purchase enough yarn for the entire sweater project.

Match the stitch gauge

More troubles stem from mismatched stitch gauge (the number of stitches and rows per inch) than any other source. Various sizes in a sweater pattern are determined by the stitch gauge, and to achieve a perfect fit, you must come as close to the required stitch gauge as you can.

Each sweater pattern will state a gauge, such as "4 sts = 1 inch; 6 rows = 1 inch." Stitch gauge *always* refers to the main knitted body of the sweater —excluding ribbing or trim. If, for example, a pattern calls for sizes 6 and 8 needles, the size 6 needles are used for ribbing and the size 8 needles are used for the body. Therefore, adjust the gauge to the larger needle size.

Knit a swatch to determine your knitting gauge. Use the suggested needles at first, and cast on between 20 and 30 stitches. Work the pattern stitch

continued on page 94


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begins on page 90

Knit a better sweater

for four inches and cast off. Count the number of stitches and rows per inch, and compare your swatch to the pattern's gauge.

You will have to knit a swatch for each sweater you make. Yarn varies from lot to lot, even if it is the same brand and color. So, if you have used a type of yarn for one project, you will have to retest your gauge if you want to use it again. If a sweater is knitted in a pattern stitch, knit the swatch in the same pattern.

When your gauge does not match the gauge stated in the pattern, changing needle size will usually give better results. For example, if you are getting six stitches per inch instead of five on size 8 needles, change to size 9 needles. If you are getting too few stitches, change to a smaller size needle.

Other factors subtly affect gauge. No two persons knit the same, so it is not recommended for one person to work on a project someone else has started. In addition, your gauge is apt to be tighter if you haven't knitted recently. To correct this, knit a swatch using similar yarn. Gradually, your knitting tension should loosen and relax enough to match the gauge of your project.

Learn to block and assemble correctly

Blocking is shaping your knitted piece to fit body measurements. Block each sweater piece individually to smooth out wrinkles and to simplify sewing the pieces together. Occasionally, a pattern will call for another blocking after the sweater is assembled.

Since different yarns react differently to blocking procedures, yarn labels usually carry blocking instructions. Acrylic yarns, for example, should not be touched with a hot iron.

If the label does not give blocking directions, dampen the sweater pieces with cool water and lay them on a folded sheet or towel. Gently shape them to the dimensions given in the pattern. Cover the pieces with a damp towel and allow them to dry.

There are several methods for making seams in knitted pieces—weaving, overcasting, backstitching, and crocheting. Use the method that is best suited to the yarn and pattern.

To weave the seams together, hold the wrong sides adjacent and draw matching stitches together with yarn and needle.

To overcast seams, hold the right sides together and sew with whipstitches. Reserve this method for sewing ribbed cuffs or attaching collars.

Backstitching works best for curved seams and tapered shoulder seams. Hold the right sides together and make running stitches with a backstitch.

If the yarn is nubby or tweedy, any of these methods may cause bumpy seams. If so, hold the right sides together and slip-stitch crochet the seams.

Always use matching yarn for assembling. If the yarn is even-textured, the full strand may be too thick for sewing seams. Therefore, split the yarn and use half the plies. Never use sewing thread for assembling.


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OWENS/CORNING FIBERGLAS

Gardener's log



"Come, ye thankful people, come,
Raise the song of Harvest-home;
All is safely gathered in,
Ere the winter storms begin."
—Henry Alford, 1844

When Old Man Winter stares gardeners in the face, it is all too easy to disregard gardening chores and retreat to a cozy room. But before you do, make sure your garden is just as snug and well protected as you are. You can still plant crocus and other small spring-flowering bulbs and tulips right up until the ground freezes hard.

Harvest your garden bounty

Pick or dig the rest of your garden produce and store it for winter use. Leave at least some of your parsnips in the ground—covered with mulch—and dig them after the first thaw next spring. They'll taste sweeter after being underground all winter.

Pull or dig your onions and shallots and hang or spread them in a cool place like a basement or garage. When they're dry, you can leave them hanging or store them in an open box in the basement for later use.

On nights when frost threatens, loosely cover tomatoes, peppers, eggplant, and other warm-weather plants. You can use newspapers, plastic bags, or any other lightweight material. Before there's a killing frost, pick all green tomatoes and wrap them individually in newspaper. Store them in a dark, cool place to ripen.

After you finish your harvest, clean up all plant material and put it in the compost pile or bag the material for discard. Unless you have had serious insect or disease problems, turn over the mulch and mix it into the soil of the garden.

Store your apples, melons, potatoes, pumpkins, winter squash, and sweet potatoes in a cool, dark place. Use any that are damaged as soon as possible. During the winter, sort through your fruits and vegetables several times and remove any that are rotten.

Decorate with gourds

Before freezing temperatures arrive, harvest your ornamental gourds to use as fall decorations. But don't pick them till they're mature; immature gourds will deteriorate. A brown and shriveled stem indicates the gourd is ripe. If the gourd seems mature but the stem has not yet died, leave a few inches of stem attached to the fruit when you harvest.

Wash dirty gourds in warm soapy water, then rinse them in clean water to which you've added a household disinfectant. Wipe each gourd with a cloth dampened in rubbing or denatured alcohol.

To cure the gourds, spread them one layer deep in a warm, well-ventilated area. Their surfaces should be hard and tough in about two weeks. Discard any gourds that show soft spots. Cured gourds will last three to four months. For longer life, apply a protective coating of floor wax, spray wax, white shellac, or clear lacquer.

If you've grown your own sponges by raising luffa gourds, pick and dry them before trying to remove the skin. Submerging the luffas in boiling water for 15 minutes or putting them in a freezer for two hours will loosen the skin and make it easier to remove. Pick the seeds out by hand. The luffa fibers are so durable they can be cleaned in your dishwasher or washing machine.

Protect your roses

The tried and true way to get bush hybrid tea and floribunda roses through the winter is to mound soil about ten inches deep over the bases of the bushes and cover this with a layer of leaves or straw. To keep canes from getting wind whipped, cut them back to about 2½ feet and tie them together. This protection is adequate in areas where the winter temperature does not drop below minus ten degrees Fahrenheit.

If winters get colder in your area, cover the entire rosebush with a plastic rose cone or box after mounding soil around the plant. The white cone reflects the heat of the sun and main-

continued

Illustration: Steven Schindler

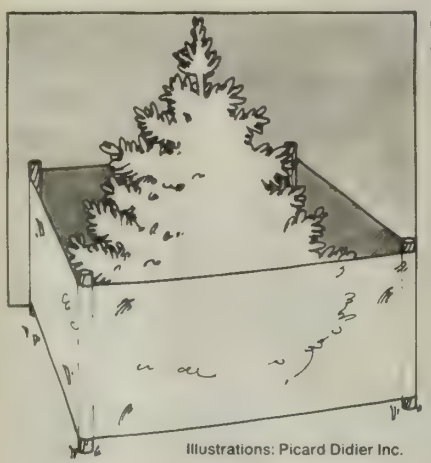
continued

Gardener's log

tains an even temperature within so the rose doesn't put out new growth in warm spells. In the early spring, remove the cone and gently wash away the mound of soil with your garden hose. Make sure you don't snap off the tender young shoots.

Screen new evergreen plantings

Because evergreens retain their foliage throughout the year, they are very vulnerable to drying winter winds. One way to provide winter protection for fresh plantings is to erect a four-sided burlap screen around the evergreen, keeping the bottom of the screen a few inches above the ground for adequate air circulation. Simply drive four stakes into the ground and staple the burlap to them. Don't try to protect evergreens by wrapping burlap or plastic around the plant itself. That would stop air circulation and possibly damage the plant fatally.



Illustrations: Picard Didier Inc.

With smaller evergreens, build a similar screen but stretch the burlap down to the ground level and fill the area directly around the base with leaves.

Shelter Oriental poppies

In cool regions, Oriental poppies may need some winter protection. Before a hard freeze, place two wire hoops over each plant at right angles to each other and top with a canopy of burlap (*above right*). Anchor the edges of the burlap with several rocks, bricks, or stakes to prevent winter gales from blowing the material to kingdom come.



IN THE WEST

Transplant trees and shrubs

Almost all kinds of deciduous and broadleaf shrubbery and small trees can still be moved without damage. Always keep the roots moist while you are moving the plant to a new location. Water transplanted trees and shrubs regularly until the roots have had time to become well established.

IN THE SOUTH

Pot up parsley

In many areas of the South, parsley is winter-hardy outside, but in cooler regions it's wise to pot up some plants for winter use. Plant in four- to six-inch pots, using a good potting soil. Other herbs such as chives and basil can be started from seed indoors for a windowsill herb garden. Pick a window that gets six hours of sun daily.

Notes on My Garden

First Week, October 1-4

Second Week, October 5-11

Third Week, October 12-18

Fourth Week, October 19-25

Fifth Week, October 26-31

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The secret of Baby Soft Sounds is a remarkably sensitive electronic "voice box," that runs on one ordinary 9-volt battery. It produces gentle sounds that are astonishingly realistic; never tinny or harsh. And you can zip out the box, so you can pop her in the washing machine.



Pick her up, she makes happy sounds.



Put her down, she cries for a little while.



In fact, Baby Soft Sounds feels so soft and huggable in your arms, and has such irresistible eyes, you'd adore her even if she never made a peep.

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CANCER CHECKUPS:
What's best for you?

By now, you've probably read or heard about the new American Cancer Society recommendations on cancer checkups. The new guidelines call for certain cancer tests to be performed less often, based on updated information about their costs, risks, and effectiveness. But don't be misled: It's vitally important to study the guidelines carefully, seek your physician's advice, and remember that a cancer checkup may save your life someday.

The ACS stresses that the new recommendations do not apply to persons with signs or symptoms of illness. Further, you and your doctor should base decisions on cancer tests on your medical and family history, potential risks and discomfort from the test, and the value of the test in view of its cost.

The ACS guidelines also have no bearing on how often you see your doctor for other medical reasons.

Most controversial is the ACS decision to no longer recommend annual chest X rays for persons over 40 who smoke or are exposed to other factors believed to cause lung cancer.

The directors of the John Hopkins Lung Project, a long-term study involving 10,000 male cigarette smokers over age 45 and begun in 1974, call the ACS recommendations "premature."

Dr. Wilmot Ball, Jr., one of the project co-directors, comments: "The results beginning to come in suggest that such X-ray screening makes a pronounced difference in stage of detection and survival." However, Dr. Ball says the researchers will need another two years to determine if the screening actually results in fewer deaths from lung cancer. Currently, about 93 percent of persons who develop lung cancer die from it.

Parallel lung cancer studies are under way at the Mayo Clinic and Memorial Sloan-Kettering Hospital in New York City. All three studies are sponsored by the National Cancer Institute.

Another new recommendation is that physical examination of the breasts in women under age 40 be performed every three years instead of annually. This is supported by statistics indicating that only 6 percent of female breast cancers in the U.S. occur in women in this age group.

Annual physical examination of the breasts still is recommended for women over age 40. Monthly self-examination is advocated for all women over age 20; most breast cancers are detected in women by themselves.

Other new recommendations are:

- *A Pap test* for women age 20-65 (and women under age 20 who are sexually active) at least every three years, after two initial Pap tests done a year apart are negative. High-risk women should have more frequent Pap smears. Formerly, annual Pap tests were recommended.
- *Sigmoidoscopy* (a rectal test) every three to five years for persons over age 50 after two initial negative examinations a year apart. Annual tests formerly were recommended for persons over age 40.
- *A pelvic examination* for women age 20-40 every three years (annual tests formerly were recommended). A yearly examination still is recommended for women who are over age 40.
- *One "baseline" mammogram* for women between the ages of 35 and 40 and as often as advised by the physician for all women who are under age 50. Women who are over age 50 are advised to have a mammogram every year.

Of course, you should see a doctor promptly if you experience any of the warning signals of cancer—including lumps, a change in a wart or mole, or a change in bowel or bladder habits.

For a copy of the leaflet *Cancer-related Checkups,* contact your local ACS chapter or write the American Cancer Society, 777 Third Avenue, New York, NY 10017.

—Lynne Lamberg

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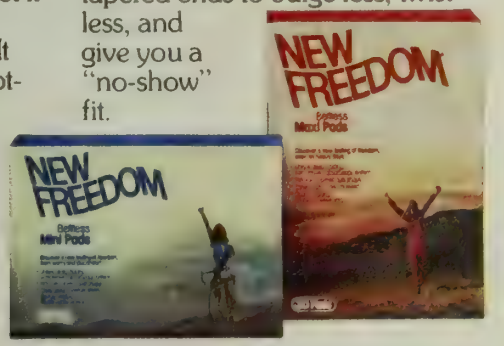
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Margaret Daly

SOCIAL SECURITY

MYTHS VS. FACTS

Designed as a simple financial supplement for retirement needs, the social security system has expanded greatly over the years. Now millions of people count on it not only for retirement and survivors' benefits but also for income in case of disability and for health care payments through Medicare.

With the expansion of social security has come an increasingly complex set of rules and provisions. It's little wonder that many people are confused about the system. Here are ten common myths about social security—and the facts to set the record straight.

MYTH: "Social security is a form of insurance."

FACT: *Social security is a system of "transfer payments": The money you and your employer contribute while you're working does not go into a fund for your future needs; it provides, instead, for people presently receiving benefits.*

Under this "pay-as-you-go" arrangement, the law requires you to be taxed now for someone else's social security benefits. In the same way, the government must—by law—tax future workers and employers to pay your benefits when you're eligible.

Many people wonder why they could not be allowed to keep their social security tax money each year and use it instead to build up their own retirement and family protection funds. Proponents of the present system say that a transfer payments approach is necessary in a society as varied as ours, and that the ultimate benefits to most people far exceed the money they contributed over the years. Whatever your views on this basically political question, the fact remains that under current law most workers and employers are required to pay social security taxes. (Several million federal, state, and local government employees are the notable exception to this rule.)

MYTH: "Social security is going broke, and we'll never receive the benefits we're entitled to."

FACT: *Though the system has serious funding problems, important changes were made three years ago to shore up the program—and more steps will be taken, if necessary.*

The truth is, social security is too important a commitment—both practical and political—for it to be allowed to go down the drain. However, the fact that there's a commitment doesn't mean that shoring up the system further won't be painful. Most of social security is funded by a payroll tax paid equally by you and your employer, and the self-employed must contribute, too. Recent hikes in the payroll tax have helped get the system back on track. But if steep inflation persists, those hikes and future ones currently programmed won't be enough—especially if benefits continue to rise with the cost of living.

The problem is compounded by a projected drop in the birth rate. Today, there is a ratio of about three workers paying social security taxes to every one recipient of benefits, but the ratio may drop to two to one after the turn of the century.

Clearly, further remedies must be found, and many are under discussion. Among them: Finance more benefits out of general revenues (some benefits already come from that source); raise the payroll tax even more (a tricky business, considering the big bite this already takes); adjust the way cost-of-living hikes are figured for benefits; raise the retirement age at which workers can begin to receive their social security checks.

Whatever the remedies, it seems inevitable that in planning your finances, you will have to depend less on social security benefits and more on what your own resources can produce.

MYTH: "Social security benefits are enough to retire on."

FACT: *The program was never designed to fully support the retiree.*

From the start, the planners of social security figured that you would have to build up other resources, such as savings, pensions, and insurance, to supplement your monthly benefits.

If you retire before age 65, you'll have to depend even more on other funds, since your benefits are reduced. For example, if you begin to collect at age 62 (the earliest allowed, under normal circumstances), your monthly checks will be set at 80 percent of what you would receive if you waited until age 65.

Some experts estimate that to maintain your standard of living, you'll need approximately 70 percent of your pay just prior to retirement. Social security will make up part of the amount (the maximum for a worker retiring this year without dependent spouse or children is $653.80 a month) and benefits are not subject to income tax. The rest will have to come from other sources, however. Also, that 70-percent formula does not recognize inflation. Though social security benefits rise with the cost of living, your supplementary income will have to rise as well to keep up your life-style.

MYTH: "When your spouse dies, you collect social security benefits right away."

FACT: *A widow or widower without children usually must wait until age 60 to begin collecting benefits.*

Surviving spouses under age 60 are eligible for benefits only if they are disabled and at least 50 years old, or if they are caring for children under age 18. There are also limited additional benefits for those children, and checks continue to unmarried children until age 22 if they are full-time students.

continued

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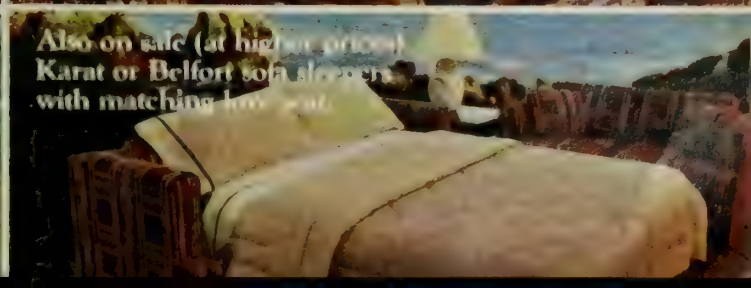
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continued

Social security

But the spouse's checks stop when the children reach age 18 unless they become disabled before age 22.

Even with children under 18 living at home, a surviving spouse under age 65 may not earn more than $3,720 a year without having social security benefits reduced or eliminated.

MYTH: "You can't work and still collect."

FACT: *Your age and how much you earn dictate what benefits, if any, you'll receive if you work.*

With some exceptions, an earnings test affects the benefits of anyone up to age 72. Beneficiaries aged 65 to 71 are allowed to earn up to $5,000 a year ($5,500 in 1981) and still collect benefits in full. Above that earnings limit, benefits are reduced by $1 for every $2 earned. Only income from a job or self-employment counts; income from savings and investments does not apply.

There are two exceptions to the rule if you are retired: (1) Once you are 72, you may earn any amount you like and still collect full benefits. (2) The earnings limit is $3,720 if you're between ages 62 and 65.

MYTH: "You collect benefits automatically once you are eligible."

FACT: *Before you can get most social security benefits, you must file for them.*

Contact your local social security office as soon as possible if: (1) you cannot work because of illness or injury that is expected to last a year or more; (2) you are 62 or older and plan to retire; (3) you are within two or three months of becoming 65, even if you have no plans to retire; (4) someone in your family has died.

Be sure to contact social security before you reach 65. A long delay in applying for benefits could result in loss because the agency won't pay you for more than 12 months prior to your application, even if you were entitled to more. Also, there is no retroactivity if you are filing for reduced benefits.

Even if you don't plan to retire at age 65, you become eligible for Medicare at that age, but you must apply for it. It's smart to check with the agency three months before you reach 65.

MYTH: "Medicare pays most of your health care costs."

FACT: *You may need supplemental funds, especially in these days of rocketing health care costs.*

Medicare was never intended to meet all the health care costs of the elderly. Even with Medicare A—the hospitalization phase of the system—you will be faced with some out-of-pocket costs. Time restrictions also limit coverage. Some services (such as private-duty nurses) are not covered.

The out-of-pocket costs you must pay have risen in the past and are likely to do so in the future. At present, hospital stays ("benefit periods") are defined by a lapse of 60 days between times in a hospital or skilled nursing home. After a $180 charge for each new period, you pay nothing for all covered services for the first 60 days of that period. Then you pay $45 a day for the 61st through 90th days in a period, $90 thereafter up to 120 days. You also have 60 lifetime reserve days to apply when the limits of the benefit periods run out.

Medicare B—for doctors' fees and some other expenses—will cost you $9.60 a month at present, and you'll still pay 20 percent of the charges after a deductible of $60. Still, Medicare B is a bargain.

It's wise to consider other sources to supplement health care costs in retirement. For example, find out if your group insurance at work can be continued, at your expense. Various forms of "medigap" insurance also may help, but shop prudently for the right coverage at a price you can afford. (See "Medigap: What can the elderly do?" *Better Homes and Gardens,* June, 1979.)

MYTH: "A divorced person cannot collect on the ex-spouse's account."

FACT: *A divorced spouse—male or female—who was married to the beneficiary for at least ten years is entitled to benefits after a certain age—provided the ex-mate has started collecting benefits as well.*

You can collect as soon as—but only when—your former mate starts collecting for retirement or disability—provided you're at least 62, unmarried, and not entitled to higher benefits on your own work record. If you start collecting at age 62, you'll receive monthly checks equal to 37½ percent of your ex-mate's benefits. That percentage progresses upward to 50 percent if you wait until age 65. Incidentally, the second wife or husband is entitled to the same allowances as the first mate.

MYTH: "A married person who has worked and paid into social security can collect on his or her earnings as well as on the spouse's."

FACT: *You can collect only on your record or your spouse's—not both at the same time.*

You can, of course, choose either account. Your local social security office can help you figure which account would pay you more.

If your mate continues to work past age 65 and earns too much to receive social security benefits, or if you reach retirement age before your spouse, you can retire on your own earnings record. Then, when your spouse retires, you may opt for payments on his or her account instead.

MYTH: "If you become disabled, you can collect social security right away."

FACT: *You must qualify for disability payments, and there is a waiting period before you begin to collect.*

Disability payments start with the sixth full month of your ailment or accident and continue as long as you are disabled—but you must meet an eligibility test first.

You are considered "disabled" if you cannot work because of a severe physical or mental impairment that has lasted—or is expected to last—at least 12 months or result in death. Because of that time gap and the rather strict qualifications under social security, it's important to have short-term disability coverage—and possibly some long-range coverage—to supplement the payments from social security. Check your present coverage through your employer and consider buying supplementary insurance. BH&G

—Produced in cooperation with Harvey Harris



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Summer Dream
Sale $9.99 sq. yd.



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How To Choose CASE GOODS

Shopping for case goods—those unupholstered furniture pieces such as cabinets, chests, desks, étagères, wall units, headboards, and even tables—is less complicated than it may seem. While the framework of a sofa or chair is hidden under fabric and stuffing, the construction of a cabinet or chest is in plain sight. Once you know what quality points to look for, you'll find it easy to determine the best buys in case goods.

Shopping preliminaries

Measure each room and its available wall space, and check architectural features such as a slanted ceiling or a large fireplace that may limit furniture arrangement. Will a breakfront or a long chest fit in your room?

Check traffic patterns so tables won't be stumbling blocks. Measure doorways. Can you get the furniture in? Do the doors of the furniture piece open in the right direction for the arrangements you have in mind?

Study model rooms and pictures in magazines to see which style appeals to you. Shop in stores that have reputations for integrity, and check for brand names. While most case goods do not come with written guarantees, reputable stores and manufacturers will stand behind their furniture.

Materials

Ask questions, examine furniture in several stores, and then ask more questions. A salesperson in a quality store usually knows his product, but if he or she can't answer your questions, ask to talk to the manager or check a catalog.

Inspect all labels and hangtags. These may not give you complete information, but the information they do give must be accurate. The Federal Trade Commission has established strict rules for labeling products, so the hangtag won't say "all wood" or "mahogany" unless that's what the piece is actually made of. However, "mahogany finish" may mean any type of wood. If the furniture is made of plastic, the hangtag must say so, although the wording may be "simulated wood components."

Most case goods are made of wood, but the type and quality of woods vary. There are soft woods and hardwoods, solid and veneered woods, wood particles and chips, exotic burls and grains, to name just a few. In addition, wood grains may be photographically or mechanically produced and applied to nonwood surfaces or to panels of less expensive wood. All the materials are suitable for different types of furniture.

Hardwoods, from deciduous or leaf-bearing trees such as walnut, oak, chestnut, etc., are denser and stronger for their weight than softwoods, the needle-bearing trees such as pine and fir. Also, hardwoods have richer grains and are used for fine furniture, usually as veneers. Very little furniture today is made of solid wood.

Fifty years ago, veneered wood was considered inferior. The veneer tended to peel off in humid weather, and fine antiques often deteriorated. That's because veneered wood was made by gluing a thin layer of beautifully grained wood over a single panel of cheaper wood. When the wood expanded and contracted, warping resulted.

Now, those disadvantages have been overcome. New strong glues prevent peeling, and new construction methods prevent warping. Plywood panels are made by pressure-bonding several sheets of wood together, with the grains in alternating directions. Warpage in one direction is canceled by warpage at right angles in the next sheet, so the whole panel remains stable. Today, most of the large flat surfaces of furniture, such as tops, sides, and cabinet doors, are veneered, as are curved cabinet fronts. (Legs and framework are of solid wood, however.) Solid and veneered woods are even combined in high-quality period reproductions.

Materials such as rattan, wicker, leather, and plastic are also used alone or with wood to make furniture. Metals and glass are found in contemporary furniture groups.

Construction

When you're shopping, examine the furniture inside and out, top and bottom. Ask to have it moved away from the wall so you can check the back. If the furniture isn't too heavy, have the salesperson tip it over. Panels in back should be inset and screwed into the frame. A back that is tacked or stapled indicates inferior quality. In high-quality furniture, backs and undersides are sanded and color-stained, and sometimes even finished.

Pull out drawers and open and close doors to see if they move smoothly. To see if drawers bind, pull them out by the corners as well as by the handles. Drawers should have center and side guides and stops, and there should be dust panels between drawers.

Corners should be joined securely. In quality furniture, joints are likely mortise and tenon, dovetail, tongue and groove, or double dowel. Butt joints are not as good. There should be corner blocks on heavier pieces, and joints should be nailed or screwed and glued.

Lift the furniture, if possible, or press your weight against the side. If the furniture twists with your weight, the construction is not solid. Check to see if a large furniture piece has casters so it can be moved easily.

Joints on metal furniture should be smooth and neatly welded. Rattan and wicker should have secure joints and no ragged edges.

Check dining tables in the same way for tight joints and sound construction. Imagine you're arranging chairs around the table for a party. How many guests can you seat without having someone straddle a table leg? Sit on a dining chair and squirm about. Does it creak or wobble? Will it be comfortable for dining or desk work?

Modular units that stack or fit together in several configurations are made to work in various shapes and

continued

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continued

Case goods

sizes of space. You can buy one unit or several, as your needs and budget dictate. Make sure the units fit snugly together and that the fittings on stackable pieces hold the top sections firmly in place.

Check the grain of the wood. The piece should be uniform, with top, sides, front, and legs in the same tones. The grain should seem to flow from one section of the piece to another.

Interior storage

In many collections of case goods, the interiors are specifically engineered for definite items. Adjustable shelves that can be moved up and down, or removed completely, provide more flexible storage for changing needs.

Don't get so carried away by the beauty of a storage piece that you forget what your needs are. Before you shop, write down your storage requirements and then check the list before you make up your mind to buy an item.

In a desk, for instance, do you want lots of drawers, one or two file drawers, or pigeonholes? Or do you want a simple writing table where you can spread work out over a large surface?

In a sideboard for a dining room, do you need space for tall pitchers and platters, or perhaps a wine storage rack? Or do you want glass doors so you can display dishes?

What are you planning to store in a bedroom chest? For blankets and bedding or bulky out-of-season clothing, you may need a few deep drawers. For lingerie, jewelry, and accessories, you may prefer several shallow drawers.

Finishes

The finish is another important factor to consider. The finest wood furniture is hand-finished. Tabletops and cabinet fronts, and also carved and molded areas, should look and feel satin smooth.

Bend down and squint along the top against the light. Are there tiny bumps or ridges? These indicate the furniture was not well rubbed. Run your hand along the inside of cabinet doors. They should feel as smooth as the outside.

Distressing is a process designed to make furniture look old by simulating scars and insect holes. If the distressed

finish is inferior, the marks look as if they were indeed made mechanically by man instead of by nature.

The finish may vary from lacquer to varnish, oil, or plastic. Each has its advantages. A painted or lacquered finish is easy to clean but may be hard to touch up if it's scratched. Oil is a good natural protector, but you have to apply more oil every six months or so.

The so-called "superfinishes," such as catalyzed lacquers and polyurethane and other plastic coatings, are extremely durable varnishes that will protect the wood.

Plastic laminates—plastic sheets or panels that are pressure-bonded to a furniture surface—are resistant to heat, stains, moisture, and grease. However, these plastic surfaces can be cut, dented, and scarred by sharp blows, and some can be damaged by caustic cleaners.

Check a laminated top just as you do a wood top. The laminate will be only as level and smooth as the material to which it is bonded. If you see peaks and valleys, small bumps, or scratches, it's not a high-quality product. A good laminated top has been hand-rubbed with pumice to a soft sheen.

Hardware

When examining a furniture piece, be sure to check the hardware. Is it tastefully designed as well as functional? Aesthetically, hardware should complement the piece, not overpower it. Functionally, hardware should facilitate the opening and closing of doors, drawers, and other movable parts.

Hardware on most high-quality lines is made of brass, although pewter, carved wood, or other materials may be used when they're consistent with the furniture style. Brass-plated or painted hardware, used on lower priced cases, may not retain its good looks.

Handle the hardware. If it's metal, it should feel heavy to the touch. Drawer pulls made of two connected parts, such as handles that are fastened to a decorative back plate, should be securely put together.

Piano hinges should be used on drop-leaf desks, tables, and any furniture piece with long heavy doors.

The hardware on reproduction furniture or adaptations of antiques should have a mellow patina.

Also check to make sure any metal trim is firmly and neatly attached.



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Country-Style Dining

When it comes to creating a warm and inviting dining spot, country-style furnishings can't be beat. The simple, rustic styling of country pieces make them at home in any setting. Here are two dining areas that derive their charm from a mix of casual country furniture.



Photograph: Jordan Miller. Design: Julie Christensen. Field editor: Pauline Graves

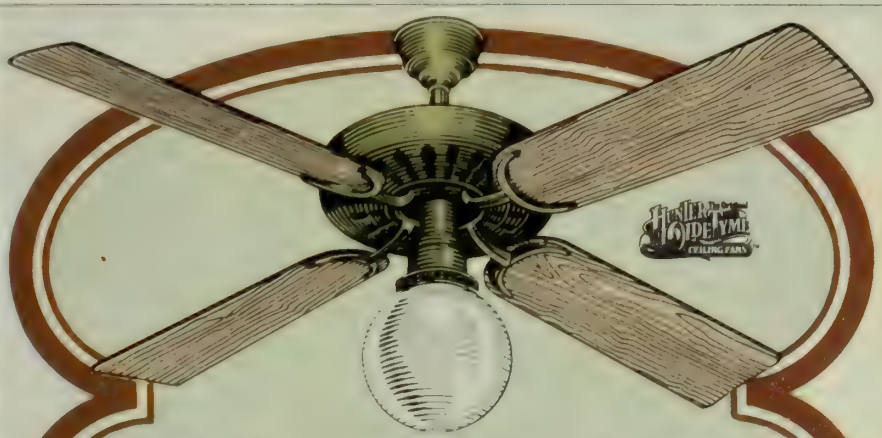


Photograph: Bill Helms. Design: Stephanie Fenton. Field editor: Ruth L. Reiter

Long after mealtime, family and friends are apt to linger in this delightful dining room, *above left.* The old dining table was stripped of its weathered gray paint, then refinished to highlight its beautiful grain. A mix of armless dining chairs adds more country character to the window-side setting. Nearby, a rustic pine hutch holds heirloom china and collectibles. Ceiling beams and mini-print wallpaper are a fitting backdrop for the country-style pieces.

Simply styled furniture pieces and old-fashioned accessories give the dining room, *above right,* a country-fresh feeling. An old table with gracefully curved legs is centered on a braided rug to anchor the dining arrangement. A handsome grandfather clock and a mock Tiffany-style ceiling lamp add old-time charm.

To camouflage a coal-burning fireplace that's no longer usable, a cover was made from cardboard and floral print fabric. The quilted material was simply wrapped around the cut-to-fit cardboard frame and stapled in place. Unquilted fabric, padded with batting, makes up the trim. The same fabric was stitched into shirred curtains for the top section of the windows.



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A Guide To Parmesan And Romano

They look similar and are both hard cheeses that originated in Italy, but Parmesan and Romano cheeses have individual characteristics that set them apart. Here's a guide to help you make the most of their unique qualities.

Pointers on Parmesan

Parmesan is actually the name for a group of cow's milk cheeses that are hard, granular, and good for grating. Parmesan has a salty, piquant flavor with a light yellow interior and a hard, dark coating. The cheese may be aged from ten months to two or three years. Most of the Parmesan made in the United States is preshredded or grated, but cut pieces of domestic Parmesan are also available.

A special imported Parmesan is called Parmigiano Reggiano. To bear this name, the cheese must be made in the Parma and Reggio regions of Italy and is stamped "Parmigiano Reggiano" on the rind of the cheese wheels.

A rundown on Romano

Romano cheese has a white to light yellow interior, a hard rind, and a bolder more pungent flavor than Parmesan. Romano is aged for a shorter time—from five months to one year. When cured for a short time, Romano is soft enough to slice.

Although some imported Romano cheese is available in this country, a larger share is domestically produced from cow's milk. Imported Romano cheeses will be labeled Pecorino Romano (made from sheep's milk), Vacchino Romano (made from cow's milk), or Caprino Romano (made from goat's milk).

Buying tips

You can buy shredded or grated Parmesan, Romano, or a Parmesan and Romano combo in shaker containers at supermarkets. For wedges or wheels of cheese, especially the imported types, check cheese shops, delicatessens, and Italian food stores.

Farberware found that the best way to get something done is to go around in circles.

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Here's a way, other than guessing, to know when a rib roast or London broil is cooked precisely to your liking

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Save Time, Work and Money

In addition to saving you time, a Farberware Convection Oven saves you money and work.

It cooks so fast and efficiently, it requires less electricity than an ordinary oven. It works on ordinary household current, without needing any special wiring. And, because the air is constantly travelling in circles, it can't escape to heat up your kitchen. You can tell that's true; the oven's top and sides stay cool enough to touch.

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A Successful Reentry



Photographs: John Rogers, Fred Edgar, Bill Sims & L. Magazzine

What can you do to make your present entry a little more inviting? These homeowners enlarged their front porch, enclosed it, brightened it with skylights, and enlivened it with houseplants.

Because this porch-turned-foyer now measures 9x15-feet, it can do more than serve as an entry. The foyer opens up the living room, provides additional dining space at dinner parties, and is the perfect home for houseplants. Eight standard skylight units, each fitted with translucent glass, span the ceiling and diffuse the sunlight into the adjacent rooms.

Although this remodeling involved many structural changes, the owners were careful to retain the flavor of the house. The previous front entry wall was removed, creating a spacious threshold to the living room and brightening up the entire house. All of the doors, windows, and moldings that were removed from one area of the house were saved and incorporated later into other rooms. Some of the transplanted moldings, now painted a bright white, dramatically frame the skylights.

You would never know the brick wall to the right of the door formerly housed two leaded glass windows. They were moved to a bedroom as part of another remodeling project. BH&G

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Discovering Northern Germany





Historic, harbor-side cities and quaint, medieval villages add to northern Germany's old-world charm.

Though southern Germany is better known because of its Bavarian pleasures, Germany's northern tip offers visitors an equally fascinating vacation experience. Here you'll discover Germany's great Hanseatic port cities, dozens of medieval burgs, lively coastal resorts, and the enchanting land that gave birth to *Grimm's Fairy Tales.* And though traveling in Germany is not inexpensive, you can find reasonably priced accommodations to make your stay both affordable and enjoyable.

Getting there

Lufthansa, Germany's national airline, flies nonstop from New York to Hamburg (ask for their advance purchase 14- to 60-day holiday fare, about $460 round trip mid-September to mid-May; higher during summer). A seven- to 60-day advance purchase fare, available with some restrictions, runs about $562 during the same months. Several airlines, including Braniff, Delta, Pan Am, TWA, and Lufthansa, provide direct flights from a number of U.S. cities to Frankfurt, where you can make connections to Hamburg via Lufthansa.

One of the most economical ways to get around in northern Germany is on the clean and efficient German Federal Railroad system. Excellent train service connects major cities, and by taking branch lines, you also can explore interesting, off-the-beaten-track destinations.

For travel within Germany, the German railroads offer a 16-day unlimited pass for $145 second class, $200 first class. If your trip includes travel outside Germany, too, a Eurailpass is a better buy: $210 for 15 days unlimited train travel; $320 for a month. Travelers can make plane and train connections from Hamburg to most major European cities.

Railroad passengers can rent bicycles for two-wheeler side trips at more than 300 train stations around Germany, and return the bikes at any station along the route. Rental bikes also are available in most towns.



Or you might prefer to travel by car; rental rates range from $116 for a compact to about $400 for a mid-size car per week (plus 13 percent tax) unlimited mileage. You buy the gas (about $1.50 a gallon).

Ask at the hotel reservation bureau in the train station or the local tourist office about area accommodations, including small guesthouses that usually are clean, comfortable, and lower priced than most hotels.

First stop: Hamburg

In a week's time, you easily can sample the best of northern Germany's major cities and charming countryside. Hamburg, centrally situated at the mouth of the Elbe River, is a good place to start your trip. This city is Germany's biggest port and, like its sister city Bremen, served as a city-state in the 14th-century Hanseatic League that controlled most of the commerce in northern Europe.

A harbor excursion is a good way to get acquainted. Boat tours leave the St. Pauli landing every half hour (about $3.50); one-hour boat trips (also $3.50) take you around the harbor plus Alster, the big lake located at the middle of the city.

You can't miss the magnificent Rathaus (city hall), a towering copper-roofed Gothic structure that dominates the center of Hamburg. Other sightseeing stops should include a view from the top of St. Michael's Church (built during the Renaissance) and a do-it-yourself tour of the Hamburger Kunsthalle Museum, premier art gallery in this part of Germany.

Paths and promenades through city parks and along the lake invite leisurely strolling. But for longer junkets,

Photographs: Don Normark

continued

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Carole Levine, Brownie Troop Leader.

As you can see, the leaders of Brownie Troop #1900 in Los Angeles have a lot of responsibility. So when it came to choosing troop transportation, they were very tough cookies.

As one of them puts it, "I must have frustrated half the car salesmen in southern California looking for the right station wagon. The ones I looked at were so small and tinny. No way would I ever feel safe driving a bunch of girls around in any of them."

One by one, each of these Brownie leaders ended up at a Volvo dealer. And today, Troop #1900 travels around in a Volvo wagon train.

According to one of the other leaders, "I was sold on the Volvo wagon the minute I saw it. I knew the girls would fit very comfortably inside and there would be plenty of room left for their gear. When I drove the Volvo, it wasn't all over the road like other wagons I'd driven. It offered great visibility. And it just plain felt solid and safe."

If you're looking for a station wagon you can feel good about putting your kids in, join Troop #1900. Buy a Volvo.

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Lübeck, the queen of the Hanseatic cities. It's well worth visiting because of its distinctively medieval atmosphere.

Plan a walking tour of Lübeck's historic Old Town, with its brick Gothic structures, notched gables, and arched buttresses. You can learn more about this historic city at the municipal museum inside twin-towered Holstentor Gate. Be sure to take time to stroll among hundreds of medieval homes in the neighborhood surrounding the Rathaus. Near the Rathaus, stop for a bite at Schabbelhaus, which has a delicious selection of north German specialty dishes.

You may choose to spend the night at one of the popular Baltic resort towns, like nearby Travemünde. Plan to stay at Golfhotel Travemünde or Skurhaus-Hotel Travemünde (about $50 to $80 double). If the weather's nice, you'll enjoy walking along the beaches here (crowded during summer, but nearly deserted other months of the year). A huge beachside swimming complex (open year round) includes a variety of special pools and hydrotherapy programs. In town, a colorful casino awaits (kids are welcome in its restaurant). From Travemünde, you also can take a side trip to Malmö, Sweden. Ferryboats regularly make the crossing—check at the railroad station. (The trip takes about ten hours one way at a cost of $38.40 per person, plus $18.20 per person for a two-bed cabin.)

Fanciful Bremen

You know you're in fairy tale country when you reach Bremen, just a half hour southwest of Hamburg by train. All around the city, you'll be greeted by sculpted storybook

continued

Northern Germany

take advantage of the city's railway and subway network (the S-bahn and U-bahn). You can get an unlimited-travel, round-the-clock ticket (about $2.25 a person) and information about the network at the main railroad station. One train trip takes you by grand old patrician mansions along the Elbe.

Hamburg offers a wealth of nighttime entertainment ranging from the world-famous Hamburg State Opera downtown and more than 15 theaters around the city to the risqué shows of the notorious Reeperbahn near the waterfront. Not surprisingly, dining specialties focus on seafood. You'll find a first-rate, reasonably priced menu at the Ratsweinkeller, or you can try a sidewalk-cafe-style repast at the Alsterpavillon beside the lake.

There's a variety of lakefront accommodations in Hamburg. Two excellent choices are the Prem ($65 to $86 double) and the Hotel Bellevue ($39 to $65 double). If you're in the mood to splurge, spend a night at the top-rated Vier Jahreszeiten, featuring personalized old-world service ($110 to $180 double, depending on where your room is located, including breakfast). Or stay in one of Hamburg's friendly guesthouses if you'd like less expensive lodgings.

Lübeck and the Baltic resorts

Less than an hour northeast by train from Hamburg is

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And Another!



Put our Wheat Thins and Dixie Drumsticks together in a bowl and you've got a crisp chicken wheat treat that's finger licking good!

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Dozens of health spas scattered throughout the region attract German and foreign travelers alike. Typical of the larger resorts is Bad Pyrmont, with its several hotels and health facilities bordering a gracious old city of tree-lined streets and peaceful parks. (Hotel rooms range from $40 to $130 double, including use of spa facilities.) You'll find the waters invigorating and also enjoy the resorts' other attractions: concerts, tennis, riding, and hiking.

Every Sunday at noon, June through September, you can see Hameln locals bring to life the story of the Pied Piper and his gaggle of youngsters. And in nearby Hannoversch-Münden, you can tour old-world houses. Other close-by locations that spawned legendary characters include the Hessian Schwalm (Little Red Riding Hood) and Sababurg Castle (Sleeping Beauty). It's easy to imagine characters like Snow White and the Seven Dwarfs or Hansel and Gretel strolling the area's shadowy woodlands.

Highlight of this region is Kassel, where the brothers Grimm once lived. You'll want to visit the museum that houses original manuscripts and memorabilia of the two renowned storytellers. Also take time to see the Fine Arts Museum (with its 17 Rembrandts on display), the Museum of Tapestries and Wall Hangings, and the 18th-century Lowenburg Castle—you can tour its small military museum. A grotesque stone structure called Herkules Monument sits above the city like a giant's castle.

For more about the pleasures of northern Germany, write to Hedy Wuerz, German National Tourist Office, 630 Fifth Avenue, Suite 1418, New York, NY 10111.

characters, such as the famous foursome (donkey, dog, cat, and rooster) from the Grimm's fairy tale, "The Bremen Town Musicians." You'll also see Bremen's 30-foot-high stone guardian, Roland (locals believe that rubbing his feet prior to a trip ensures safe travel).

Concentrate your sight-seeing on the Marketplatz, which surrounds the exquisite 17th-century Renaissance town hall. You'll be fascinated by the beautiful frescoes, paintings, and elegant brass and wood furnishings inside.

Near the Marketplatz, you can browse Böttcher Lane's re-created medieval shops, which feature regional handicrafts. In mid-October, join in the lively oompah music and folk dancing at the two-week Freimarkt festival, just one of Germany's many fall celebrations.

Dine among the locals at the reasonably priced, popular Ratskeller (in business since 1408), which serves succulent seafood dishes. For accommodations, you'll find good rooms at Hotel zur Post and Hotel Bremen (about $60 double). But for a one-of-a-kind experience, plan to stay in the Park Hotel ($83 to $102 double, with breakfast), where you'll feel as if you're a guest on a 19th-century royal hunting estate.

Fairy Tale Road

South from Bremen, Fairy Tale Road (Route 4) follows the meandering Weser River through rolling countryside (fall foliage makes this drive especially beautiful). Detours off the main road will take you to timbered villages and market towns, where there are nearly always charming old inns or guesthouses for overnight stays.

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Photograph: Ernest Braun
Design: Pennington and Pennington
Field editor: Barbara East Cathcart

▲ Here cut-to-fit mirrors turn these ordinary wall shelves in a living room into an eye-stopping showcase for a mineral collection. The mirrors line the back of the built-in shelves and cover the wall below, making the display area seem much larger than it actually is. The adjustable glass shelves are easily rearranged to accommodate the ever-growing collection.

DECORATING

Showcasing with Mirrors

To turn a slice of wall space into a standout focal point, just line it with mirrors. Here, well-placed mirror panels add dimension and drama to a collectibles case and a living room game alcove.



Photograph: Jordan Miller. Design: Barbara Treiman, ASID. Field editor: Pauline Graves

▶ This mini game room, which is actually a converted closet, gets its pizzazz from a mirror mounted to the center of the back wall. The large reflective surface brightens the recessed nook while visually doubling its narrow dimensions. Small metal clips hold the professionally installed mirror in place.

Wallpaper and fabric help to meld the "game room" with the adjacent room. The patterned wallpaper used in the living area is repeated on one wall of the niche, and coordinated fabric covers the bracket-supported shelf that spans the alcove. Recessed lighting illuminates the area.



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A Woodside X-Changer® Fireplace Insert converts most existing masonry fireplaces

Carpet Care Tips

Although carpet isn't made to last forever, you can prolong its life and good looks with proper care. Here are some pointers.

Routine maintenance

Preventive care is the best way to keep your carpet looking its best. To reduce the amount of soil tracked onto the carpet, put mats at all outside entrances. Using mats and runners in high-traffic areas can also slow down everyday wear.

Proper and frequent vacuuming is vital to keep your carpet looking "like new." The most effective type of vacuum cleaner has a rotating brush or "beater-bar." This mechanism agitates the carpet pile so the embedded soil is released.

How often you should vacuum depends upon the amount of wear and soil your carpet is exposed to. Once a week is sufficient for normal-use areas; high-traffic areas need to be cleaned more often. According to carpet manufacturers, up to three passes with the vacuum over an area is light cleaning; five to seven sweeps are needed to clean thoroughly.

Special problems

Carpet that's *crushed* along traffic lanes or *dented* where heavy furniture was placed can be revived in most cases. First, vacuum the area, then brush up the compressed tufts with your fingertips. If the indentation persists, hold a steam iron several inches from the area and steam the tufts. Then, again brush up the crushed pile with your fingertips.

Snags and *sprouts* are yarn tufts that stick up above the surface. Never pull them out—instead, carefully cut back the snags with sharp scissors.

Fuzz and *loose fibers* are common problems with new cut-pile carpets of all qualities. This natural shedding can continue for as long as six months, but regular vacuuming can banish the fuzz more quickly.

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Air Conditioner Cover-Up

Although an air conditioner is delightful during the hot summer months, it can stick out like a sore thumb the rest of the year. Here's a well-planned wall unit that solves the problem and supplies storage space to boot.



Photograph: William N. Hopkins. Design: Michael Brown
Field editor: Patricia Carpenter

This wall-mounted air conditioner used to jut awkwardly into a family dining room, but now the unit is neatly camouflaged by a custom-made bookcase. An adjustable 12-inch-deep shelf frames the recessed unit without obstructing the airflow. Other shelves provide ample stashing space for books and family photos. Stereo equipment is stored in the cabinets below.



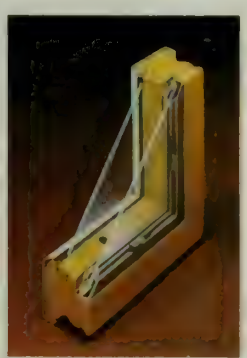
When not in use, the air conditioner is concealed behind a cut-to-fit wood panel. The panel is secured with magnetic cabinet latches that are attached with right-angle corner brackets to the bookcase frame and the panel. To block drafts, the back of the panel is insulated with fiber glass tile.

When it comes to replacing windows, Pella saves energy in more ways than one.

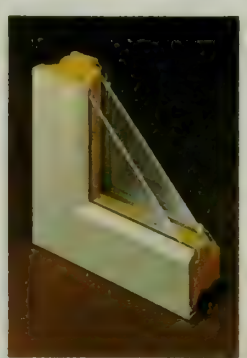
Most likely, energy conservation is the primary reason for your window replacement project. And thanks to superior wood construction and the Double Glass Insulation System, using new energy-tight Pella windows in place of leaky old ones can mean considerable savings on your energy bills. But that's not the only kind of energy you'll save with Pella. To begin with, the exclusive Pella replacement system simplifies installation, saves bother. And a wide choice of styles and sizes saves shopping time and fitting problems. What's more, Pella wood windows will keep on saving you time and effort year after year with maintenance-free exterior cladding, remarkable ease of washing, removable windowpane dividers and other important features described below. All in all, **Pella has more to offer than any other wood window.**



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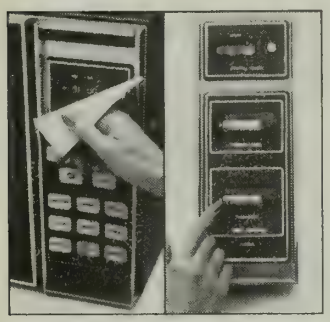
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A Woody Kitchen With Class

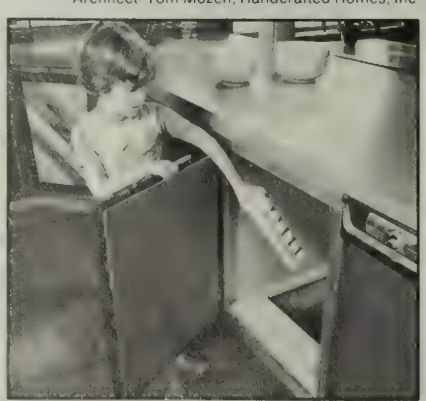
A rustic, woody kitchen doesn't have to include knotty pine and decorative wrought-iron hardware. Here rough-sawn cedar was combined with contemporary styling and savvy space planning. The result is an exceptionally good-looking and efficient family kitchen.

A long center island forms the cooking core of this U-shaped room. The island houses a self-venting cooktop, storage for pots and pans, plenty of work space, and electrical outlets for small appliances (an important detail many people forget to include).

The wall to the left of the island is devoted entirely to storage (see photo, *upper right*). Clean-lined doors conceal all manner of cookware, staples, and canned goods, as well as a dumbwaiter for hauling up grocery sacks from the downstairs garage. Cabinets here are a full 24 inches deep.



Architect Tom Mozen, Handcrafted Homes, Inc



Photographs: Semarco. Field editor: Ruth L. Reiter

Wall-hung double ovens (one is a microwave) are located along the back wall of the kitchen next to a side-by-side refrigerator-freezer. The homeowners have small children, so they chose a refrigerator that dispenses water and ice directly from the door.

The upper cabinets along the right side of the kitchen are ceiling hung, creating a pass-through between the kitchen and the adjacent dining room. The upper cabinets extend only as far as the dishwasher; the wide peninsula projects another five feet. The owners located the sink just to the right of the dishwasher, where there are no upper cabinets to block the dining room from view.

The built-in trash chute to the garage is a convenient extra. The owners plan to install a safety catch on the cabinet door when their youngest child reaches crawling age.

All of the cabinets in the room are surfaced in rough-sawn cedar and edged with smooth cedar that has been sealed for easy maintenance.

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Champagne Pointers

Nothing adds sparkle to special occasions quite like champagne. But maybe all the ceremony associated with champagne has discouraged you from serving this elegant wine. If so, check the following pointers that explain exactly how to choose, store, and serve champagne like a pro.

Buying champagne

Champagne is a light, clear, sparkling wine that is available in white and pink versions with varying degrees of sweetness. You can choose both domestic and imported brands in all price ranges. Although champagne goes well with most foods, the following tips can help you decide which type to serve with what.

Brut (very dry) is most often served as an aperitif but also makes a good table wine to accompany everything from beef to seafood.

Extra dry (semisweet) is ideal served with dessert or fruit, or as an after-dinner beverage.

Dry or *sec* (sweet) is usually served in place of cocktails.

Storing champagne

Most champagnes have been properly aged so they are ready to serve when purchased. But if you store them, lay the bottles horizontally (so the wine touches the cork) in a cool, dark place. You can keep properly stored champagne for up to five years.

Serving champagne

Champagne should always be served chilled. Chill it in an ice bucket for 30 minutes or in the warmest section of your refrigerator for several hours.

When uncorking the bottle, handle it gently to minimize pressure buildup. Hold the bottle in one hand and remove the wire with the other. Wrap the bottle and cork with a towel. Then hold the cork with one hand, tilt the bottle to a 45-degree angle away from you (or anyone else) and twist the bottle slowly in one direction, pulling it down gradually with the other hand. The cork should make only a faint pop. BH&G

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AMERICAN Classics

America's Favorite Furnishings

FROM COLONIAL TO CONTEMPORARY

By Shirley Van Zante, Laurel Lund, and Robert E. Dittmer

Just as America is a melting pot of different nationalities, so our furniture is a mixed bag of styles. With typical Yankee ingenuity, we've taken furniture designs from abroad and given them our special stamp—a more comfortable curve to a chair back, a sturdier stretcher, or a colorful painted finish. And we've added a few uniquely American designs along the way, like the Boston rocker and the Parsons table. No matter what their origin or their age (some have been around for centuries and some only for a few years), certain furniture pieces have become American favorites. What accounts for this popularity? The primary reason is that this furniture is so functional and well designed that it never goes out of style. Many of these classics are available today. If the original costs more than your budget will allow, you have an alternative. Simply look for a less expensive modern-day version—whether it's a skillfully rendered reproduction or a slightly modified adaptation. Happily, a report such as this on America's favorite furnishings has no pat ending. So long as designers continue to strive for perfection, and every now and then achieve it, there will always be more classic furniture designs to enrich our homes. Now, take a look at some of our country's favorites—from colonial to contemporary.



Photograph : Jessie Walker


AMERICAN
Classics

Early American





Because early American pioneers were necessarily concerned with carving a brand-new country out of the wilderness, they could devote very little time to furnishing their homes. Typically, their furnishings were sturdy, straightforward, and simple. Primitive American furniture was made to function, and the same is true of its present-day counterparts.

Tables, chairs, and cupboards headed the list of necessities in the pioneer home. This antique shoe foot hutch table, *left,* was a forerunner of modern multipurpose pieces because it doubled for dining and storage. The table and high-back settle near the fireplace retain their original painted finish, used to disguise the mix of woods they're made of.

A variety of chair styles testify to the design ingenuity of the pioneers. The reproduction ladder-back chair by the table has the same double stretchers, ball turnings, and rush seat as its 1700s prototype. The Windsor chair, named after a simple cottage piece found near Windsor Castle in England, can still be identified by its traditional wheel rim, bowed back, and spokelike spindles.

Although the rocking chair is uniquely American, its design varied as furniture makers from different areas added their own touches. The chair, *above,* is the classic Boston rocker with distinctive straight side posts and curved back spindles. **Buying information, page 200.**

Photographs: Jessie Walker

AMERICAN *Classics*



Shaker









While much of 19th-century America was admiring the ornate and overstuffed "Victorian" look, a small fundamentalist religious sect called the Shakers was producing its own unique kind of furniture. Although few of the original members remain, the American Shakers have left behind a rich legacy of furniture and artifacts.

Simplicity, order, and harmony were the tenets of the Shaker faith. And community craftsmen skillfully translated these beliefs into a timeless furniture style that reflects a reverence for natural materials in its purity of line and design restraint.

This 20th-century home derives its classic Shaker look from a blend of 19th-century Shaker furniture and modern-day reproductions.

The wooden peg rail keeps furniture from underfoot when not in use. It also serves as open storage for household necessities like the peg-hung clock.

Shaker-designed furniture was often dual-purpose. The trestle table could serve as a dining table and work surface. The three-drawer chest, *above,* offers both storage and work space.

Typical Shaker chair styles include the slat-back chair, *left,* and the antique rocker near the round stand, or candle table.

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Photographs: Jessie Walker


AMERICAN
Classics

Shaker







Fashion played no part in Shaker furniture making. Every piece was designed purely for function, which accounts for the furniture's beautiful simplicity. In many ways, it was a forerunner of sleek 20th-century designs, so Shaker pieces fit perfectly into contemporary homes.

Few original versions of the Shaker trestle table are available today, but its simple styling and quality craftsmanship are captured in faithful reproductions like this one, *far left.* With typical Shaker ingenuity, the low slat-back bench is designed to conserve floor space by tucking neatly under the table when not in use.

The dining chair, and the low-back one near the blanket chest and antique spinning wheel, *above,* are reproductions of original Shaker pieces.

Perhaps the most easily recognizable Shaker innovation is the stack of simple pine oval boxes with distinctive finger-style joinings, *left.* The Shakers made them in nesting sets of 13. The boxes were used to store everything from hardware to homegrown herbs and spices, which the Shakers dried, packaged in hand-blown bottles, and sold to the outside world.

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Photographs: Jessie Walker


AMERICAN
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Colonial



At the same time the American colonists were beginning to chafe under British rule in the 1700s, they were also adopting the motherland's graceful furniture designs as fast as local cabinetmakers could turn them out. From the more sophisticated renditions made in Philadelphia, Newport, and New York to the rustic versions produced in small towns and farming areas, styles such as Queen Anne and Chippendale became part of our heritage.

Several classic forms are melded in this modern-day colonial-style home. The major pieces, all readily available today, are reproduced from designs of an earlier era. The pierced back splat on the side chair, and the camel back and rolled arms on the sofa, are typical of Thomas Chippendale designs.

Cabriole legs, which curve out at the knee and in at the ankle, put the stamp of Queen Anne on the tea table and wing chair. This chair style, first introduced in the early 18th century, is the original "easy" chair. The Bokhara rug is a copy of a Turkestan design.

Porcelains in the corner cabinet and on the tea table are modern versions of lovely Chinese export ware.

Bona fide antiques in this grouping include the round tripod table and handsome Federal slant-top desk.

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Photographs: Jessie Walker

AMERICAN *Classics*



Colonial



Storage was even more of a problem in closetless colonial times than it is today. One answer to the problem was the stately, many-drawered highboy, or chest-on-chest. The present-day adaptation, *far left,* is crafted of cherry wood. The broken pediment, flame finial, and cabriole legs are typical of the Queen Anne period.

Although manufactured only recently, this block-front chest, *top left,* was inspired by a design of Chippendale. The piece was beautifully translated for American use by a family of cabinetmakers in early Newport, who added a large scallop shell motif.

At about this time in our history, blown glass became popular. Our colonial forebears may well have used clear decanters and deep blue glasses like these reproduction pieces displayed on the chest.

Another colonial favorite still used today is the roundabout or corner chair, *bottom left,* which was designed to accommodate voluminous skirts and flaring waistcoats. Here the roundabout is used at a writing table. This modern adaptation blends beautifully with authentic antiques, like the delicate Hepplewhite table made of cherry and the Queen Anne side chair. The rush seat and black-painted frame mark this chair as a rustic country piece.

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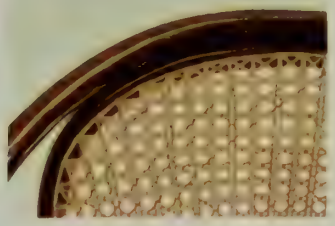
Photographs: Jessie Walker

AMERICAN Classics



Contemporary





Some of the most familiar "contemporary" furnishings are actually 60 or more years old now. Yet these classic modern pieces are even more compatible with today's homes than with those of the early 1920s.

The modern furniture movement has no clear-cut beginning, but one major influence was the famous Bauhaus school of design, founded in Germany in 1919. To protest the highly ornamented mass-produced furniture of the machine age, Bauhaus designers began to experiment with new technology and man-made materials. The result was purely functional furniture with architectural lines and innovative shapes.

For the first time, metal tubing was used to create furniture shapes. Examples are Mies van der Rohe's chrome-and-leather Barcelona chair, *left,* and the pharmacy-style lamp.

The straight-lined Parsons table in the dining area is an all-time favorite. Here it's used with classic bentwood chairs, reproductions of a design created in the late 1800s by Michael Thonet. Nearby is Alvar Aalto's comfortable lounge chair.

No roster of contemporary furniture would be complete without the leather chair and ottoman, *above,* designed by American Charles Eames. The pieces are supported by molded rosewood frames.

In the kitchen are Eero Saarinen's beautiful pedestal table and "tulip" chairs, fashioned of molded plastic reinforced with fiber glass.

Buying information, page 200.

Photographs: Jessie Walker. Architect: Roy Binkley, AIA

AMERICAN *Classics*

Quick-to-knit CARDIGANS













By Nancy Lindemeyer and Deborah Dugan

When an American family set out to see the sights, what do they reach for? Cardigans, of course, because they're smart, comfortable, and easy to slip on and off. Because cardigans *are* American classics, we thought it appropriate to show off our special designs at Annapolis, Maryland—home of the United States Naval Academy, so rich in tradition and style.

These brilliant sailor blue jackets are made from double strands of Lion Brand Yarns knitting worsted, so they keep our trio of tourists toasty on a crisp October day. There's so much to see and do at every turn of the school's tree-lined path: viewing the colorful drum-and-bugle "noon formation" at Bancroft Hall, visiting the copper-domed Chapel, strolling along the docks, and stopping to chat with one of the midshipmen. And



Sweater design: Lion Brand Yarn Co. Photographs: Ross Chapple

throughout the day, the classic cardigans look as sharp as the cadets' dress uniforms. What's more, these cardigans can make the transition to wintry weather with just the addition of underlayers.

The jackets are sized for the entire family, and they're styled to appeal to all ages, too, with roomy patch pockets, notched collars, and wooden toggle buttons. That distinctive wide-ribbed pattern works up quickly and easily on size 11 needles. In fact, the jackets make ideal learning projects for beginners because of the simple armhole and shoulder shaping.

For your family's cardigans (and ones for holiday gift giving), you can use soft woolen yarns or practical machine-washable acrylic fibers. Either way, your cardigans are sure to look shipshape in any setting. For complete how-to, see page **180**.

AMERICAN Classics

RECIPES FROM THE EAST

BY ROSEMARY C. HUTCHINSON

It sometimes seems that Americans subsist on hamburgers and pizza, but appearances are deceptive. The fact is, Americans today are preserving a rich and varied cooking heritage and enjoying every mouthful. From the lobster stews of Maine to the sourdough breads of Alaska, our national cuisine was shaped by the unique geography, climate, history, and ethnic heritage of each region of the country.

Because American cooking is so expansive and varied, we're devoting this and our November story to regional recipe favorites. This month we begin by exploring the culinary traditions of the East and Midwest. Next month we will dip into the foods and cooking lore of the South and West. Now come with us on a cook's tour of our nation and sample some of America's great recipe classics.



Our American cooking history begins with the dishes of the Eastern settlers. Imaginative cooks from New England to Pennsylvania parlayed the native ingredients into a cuisine so distinctive it's still popular 200 years later.

At first, food was merely a means of survival. The colonists were faced with wresting a subsistence from the land despite harsh weather and a short growing season. That they succeeded was partly because they copied their Indian neighbors and learned to live on dishes made from corn, beans, and squash or pumpkin. After much trial and error, these simple dishes evolved into favorites such as succotash, baked beans, and pumpkin pie.

Before long, colonial cooks gained enough experience with the ingredients to begin experimenting, using them in new recipes. The results were soups and chowders made with clams, oysters, crabs, and lobsters from the ocean, and inventive stuffings and sauces for the native wild turkey, duck, goose, and quail. And as farming increased, colonists acquired wheat, rye, beef, and pork for dishes such as beef stew and shoofly pie.

The Easterners also relied on the time-honored recipes of their English, Dutch, French, and German ancestors—but there was a difference. Since many of the foods and utensils used in Europe were scarce in the New World, the colonists improvised. When the wheat crop failed, ingenious Eastern cooks turned a blend of rye flour and cornmeal into rye and Indian bread. When sugar was unavailable, they used molasses and homemade maple syrup. Because utensils were hard to come by, the Easterners cooked their meat (or fish) and vegetables all in one pot, resulting in New England boiled dinners.

Out of this rich culinary history come the recipes we associate with the East. The ones on the next few pages represent some of the best.



Photographs Hedrich-Blessing—Maselli; Sanders—Food Stylist Fran Paulson

Left: Irresistible dessert and bread recipes are an essential part of the Eastern cooking tradition. For example, practical colonial cooks combined their love of puddings with the abundant cranberries for ***Cranberry-Nut Pudding*** *(front left)*. ***Hartford Election Cake*** *(back left)* was first served as a snack at New England town meetings. ***Anadama Bread*** *(back right)* is credited to a fisherman who named it after his lazy wife—"Anna, damn her." ***Marlborough Pie*** *(front right)* is a Down East apple pie.

Above: When you talk about Eastern cooking, you can't overlook recipes for the noble roast turkey such as our ***Roast Turkey*** with ***Chestnut Stuffing***.

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AMERICAN Classics

RECIPES FROM THE EAST

Right: The Germans who settled in Pennsylvania created their own brand of Eastern cooking which we now call Pennsylvania Dutch. One favorite main dish is ***Chicken Stoltzfus.*** This hearty chicken-vegetable stew is seasoned with saffron. As with all their meals, the Pennsylvania Dutch serve a variety of sweet and sour pickles and relishes as accompaniments.

Below: Fish and seafood recipes are as popular in the East as the basic ingredients are plentiful. ***Cape Cod Dinner*** *(front right)* is the fish lover's version of a New England boiled dinner. Originally the salt cod, potatoes, beets, and carrots were boiled in one pot.

Plentiful hard-shell clams, called quahaugs, are company fare when featured in ***Stuffed Quahaugs*** *(front left).*

The authentic recipe for clam chowder has long been a subject of controversy. Some say the mixture should be a creamy white bisque; others insist on including tomatoes, in which case it's called ***Manhattan Clam Chowder*** *(back left).*

Corn Oysters *(back right)* aren't seafood at all. They're a mixture of corn and flour shaped like oysters.





Right: Quaint recipe names are as much a part of the charm of Eastern cooking as the foods themselves. The three foods pictured here are good examples.

Funny Cake *(front left)* is really a cake batter that's baked in a pie crust. The delicious concoction that's pictured features a yellow cake atop a strawberry filling. The recipe also includes the more traditional version with chocolate filling.

Boston Cream Pie *(back),* on the other hand, is a cake, not a pie. This featherlight sponge cake boasts a creamy vanilla filling, a chocolate glaze, and sometimes a web of vanilla icing.

Parker House Rolls *(front right),* named for the famed Parker House Hotel and restaurant in Boston, are also called pocketbook rolls because they resemble small purses. These rich rolls are an ideal accompaniment for everything from plain pot roast to the most elegant tournedos.

Recipes begin on page 151





AMERICAN Classics

RECIPES FROM THE MIDWEST

The settlers who tamed the open land from Ohio to Nebraska brought their cooking traditions with them. But whether the recipe started out as baked beans from New England or lefse from Norway, the old favorite took on a definite Midwestern flavor once the pioneers resettled.

Using a minimum of seasonings and sauces, the pioneers learned to bring out the best in food available to them in the wild, from freshwater fish and wild game to mushrooms and black walnuts. To these basics, the early cooks added the foods they produced from the land, including corn, wheat, beef, pork, and dairy products. What resulted was Midwestern cooking—the essence of savory simplicity.

Because many ethnic groups settled in the Midwest, it's not surprising that European specialties abound in that region, too. By the turn of the century, the Swiss in Wisconsin were producing tons of cheese, the Germans were making bratwurst a household word, and the Scandinavians were famous for sweets such as rosettes.

Today Midwestern cooking is a multi-faceted blend of Old World favorites and New World improvisations. Try a few of these recipes and you'll find Midwesterners are masters of homespun cooking.



Left: Practical Midwestern cooks have a knack for turning simple ingredients into mouth-watering masterpieces. Bacon-laden ***Pheasant with Wild Rice*** *(back)* teams up two popular ingredients—game birds and wild rice, a native Indian crop from Minnesota. An extra helping of rice mixture is cooked with the stuffed birds. ***Oven Swiss Steak*** *(front right)* exemplifies Plains cooking that's anything but plain. Beef round steak takes on the full-bodied, simmered-in flavors of tomatoes, carrots, and celery. ***Honey-Wheat Muffins*** *(front left)* are an easy-does-it way to capitalize on bounteous whole wheat and honey.

Right: In times past, Midwestern farmers and their families spent long, hard hours in the fields. It took stick-to-the-ribs dishes to appease those hearty appetites. ***Pork Stew with Cornmeal Dumplings*** *(back)* for example, is a satisfying mixture of pork, onion, and tomato with a robust seasoning blend of beer, thyme, and bay leaves. ***Swedish Limpa Bread*** *(front)* gets its unique flavor from rye flour, caraway, fennel, brown sugar, and orange peel.

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AMERICAN Classics

RECIPES FROM THE MIDWEST



Right: *Cornish Beef Pasties* were originally lunch fare for Cornish miners in Michigan and Wisconsin. In early times, the miners carried their pasties in cotton sacks called crib bags; at lunchtime, the miners heated the pasties with the candles they wore in their hats.

Below: *Ozark Pudding* *(front)* is an old-time Arkansas-Missouri recipe. This delicious apple-walnut dessert exemplifies the no-frills cooking of Midwesterners. Another middle-American favorite is ***Hickory Nut Brittle*** *(back).*

Far right: Midwestern cooks make the most of fresh fruits and nuts. ***Black Walnut Cake*** *(back left)* is a spiced pound cake that capitalizes on black walnuts. And Johnny Appleseed himself would endorse ***Apple Jonathan*** *(back right).* It dresses up apple slices with orange juice and maple syrup. Cooks in Michigan cherry-growing country have popularized cherry pie. Some recipes, like this ***Raspberry-Cherry Pie*** *(front),* combine cherries with other wild or homegrown fruits.

Recipes begin on page 151. Buying information, page 200.





IT DOESN'T STOP AT TOPPING SPAGHETTI



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RECIPES FROM THE EAST

CRANBERRY-NUT PUDDING

Serve this dessert warm with light cream or vanilla ice cream—

2½ cups fresh or frozen cranberries
⅔ cup packed brown sugar
⅓ cup water

• • •

6 tablespoons butter or margarine, softened
⅓ cup granulated sugar
1 egg
½ cup all-purpose flour
¼ teaspoon ground allspice
½ cup chopped walnuts

In a saucepan combine cranberries, brown sugar, and water. Bring to boiling. Cook and stir till cranberries pop, about 5 minutes. Divide mixture evenly between eight 6-ounce custard cups. In small mixer bowl beat together the butter or margarine and granulated sugar till fluffy. Beat in egg. Stir in flour and allspice. Fold in walnuts; spoon about ¼ cup of batter into each berry-filled cup, dividing dough evenly. Place cups on a baking sheet. Bake in a 350° oven for 18 to 20 minutes or till done. Makes 8 servings.

HARTFORD ELECTION CAKE

This yeast cake needs no kneading—

½ cup dry sherry
1½ cups raisins
1½ cups milk
5 cups all-purpose flour
⅔ cup granulated sugar
1 package active dry yeast
½ teaspoon salt
¾ cup butter or margarine
½ cup packed brown sugar
2 eggs
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground cloves
1 cup chopped pecans
½ cup diced candied citron
1 recipe Sherry Icing
Pecan halves
Candied citron, cut in thin strips or candied fruit (optional)

In a small saucepan heat sherry till warm; add raisins. Remove from heat. Let stand several hours or overnight. In small saucepan heat milk just to lukewarm (110° to 115°); remove from heat. Combine *1½ cups* of the flour, *⅓ cup* of the granulated sugar, yeast, and salt. Add warm milk; stir till combined. Cover; let stand in a warm place till light and doubled (45 to 60 minutes). Stir dough down. In mixer bowl cream butter or margarine, the remaining ⅓ cup granulated sugar, and the brown sugar. Beat in eggs, one at a time, beating 1 minute after each addition. Stir together the remaining 3½ cups flour, the spices, chopped nuts, and diced citron. Drain raisins, reserving sherry. Blend yeast mixture and sherry into egg mixture. Stir in flour mixture and raisins. Turn dough into a greased and floured 10-inch fluted tube pan. Cover; let rise till double (about 1½ hours). Bake in 350° oven for 1 hour or till done, covering with foil the last 15 minutes of baking, if necessary to prevent overbrowning. Invert onto wire rack. Cool completely. Frost with Sherry Icing and garnish with pecan halves. Roll strips of citron into flowers and place atop cake or garnish with candied fruit, if desired.

To make *Sherry Icing:* In mixing bowl combine 2 cups sifted *powdered sugar,* 1 teaspoon *vanilla,* and enough *dry sherry* (about 2 tablespoons) to make an icing of drizzling consistency.

ANADAMA BREAD

A wholesome cornmeal and molasses yeast bread—

4½ to 4¾ cups all-purpose flour
2 packages active dry yeast
2 cups cold water
1 cup cornmeal
½ cup light molasses
⅓ cup lard
1 tablespoon salt
2 eggs
2 tablespoons butter or margarine, melted

In large mixer bowl mix *1 cup* of the flour and the yeast. In a saucepan mix water and cornmeal. Cook and stir till thickened and bubbly. Remove from heat; stir in molasses, lard, and salt. Cool till just warm (115° to 120°). Add to flour mixture; add eggs. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl. Beat 3 minutes at high speed. By hand, stir in as much flour as you can mix in with a spoon. Turn out onto a lightly floured surface; knead in enough of the remaining flour to make a moderately stiff dough. Continue kneading till smooth and elastic (8 to 10 minutes). Place in a greased bowl, turning once to grease surface. Cover and let rise in warm place till double (about 1 hour). Punch dough down; divide in half. Cover and let rest 10 minutes. Shape into two loaves and place in two greased 8x4x2-inch loaf pans. Cover; let rise till almost double (about 45 minutes). Brush with melted butter or margarine. Bake in a 375° oven for 20 minutes. Cover with foil. Bake 20 minutes longer. Makes 2 loaves.

MARLBOROUGH PIE

For some New Englanders, Marlborough Pie—like pumpkin pie—is a Thanksgiving must—

Pastry for a one-crust 9-inch pie
4 medium tart cooking apples, peeled, cored, and coarsely chopped (3 cups)
2 teaspoons finely shredded lemon peel
3 tablespoons lemon juice
1 cup sugar
3 tablespoons butter or margarine
4 beaten eggs
1 cup light cream
½ teaspoon ground cinnamon
1 medium apple, sliced and poached (optional)

On floured surface, roll pastry to a 12-inch circle. Transfer to a 9-inch pie plate. Turn edges of dough under, crimping edges high. Line pie shell with foil and fill with dry beans or pie weights. Bake in a 450° oven for 12 to 15 minutes. Remove beans and foil. Set aside on wire rack.

Meanwhile, sprinkle the chopped apples with lemon peel and the 3 tablespoons lemon juice. In a medium saucepan combine the apple mixture and sugar; cook over low heat till sugar dissolves, stirring frequently. Simmer, covered, about 10 minutes or till apples are very tender. Puree mixture in a blender or food processor or put through a food mill. Stir in butter or margarine till melted. Cool.

Combine pureed apple mixture, eggs, cream, and cinnamon; mix well. Pour into pastry shell. Cover edges with foil.

continued

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continued

Recipes from the East

Bake in a 375° oven for 25 minutes. Remove foil; bake for 25 to 30 minutes more or till a knife inserted just off-center comes out clean. Cool on rack. Just before serving, arrange poached apple slices atop pie, if desired.

ROAST TURKEY WITH CHESTNUT STUFFING

For an eye-catching platter, garnish the serving dish with celery leaves, whole roasted chestnuts, and cranberries dipped in egg white, then rolled in sugar—

1 pound fresh chestnuts (3 cups)
1 cup finely chopped celery
½ cup chopped onion
½ cup butter *or* margarine
1 teaspoon ground sage
½ teaspoon salt
⅛ teaspoon pepper
8 cups dry bread cubes
¾ to 1 cup chicken broth *or* water

• • •

1 10-pound ready-to-cook turkey
Cooking oil

With a sharp knife slash an X into each chestnut. Roast the nuts on a baking sheet in a 400° oven for 15 minutes. When they're cool enough to handle, peel and coarsely chop them (should measure about 1½ cups).

In a saucepan cook celery and onion in butter or margarine till tender but not brown. Stir in chopped chestnuts, sage, salt, and pepper. Place dry bread cubes in a large mixing bowl. Add the onion-chestnut mixture. Drizzle with the ¾ cup broth or water; toss to mix well. If more moistness is desired, add up to 1 cup broth or water.

Rinse bird and pat dry with paper toweling. Rub inside of cavity with salt, if desired. Spoon some of the stuffing loosely into neck cavity; pull the neck skin to the back of the bird and fasten securely with a small skewer. Lightly spoon remaining stuffing into body cavity. If opening has a band of skin across tail, tuck drumsticks under band; if not, tie legs securely to tail. Twist wing tips under back, if desired. Place bird, breast side up, on a rack in a shallow roasting pan. Brush

continued

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continued

Recipes from the East



skin of bird with cooking oil. Insert meat thermometer in center of inside thigh muscle, making sure bulb does not touch bone.

Roast, uncovered, in a 325° oven for 4 to 4½ hours or till meat thermometer registers 185° and drumstick moves easily in socket. When bird is two-thirds done, cut band of skin or string between legs so thighs will cook evenly. Let stand 15 minutes before slicing.

CHICKEN STOTLZFUS

If you want to get a head start, cook the chicken and vegetables the day before. Refrigerate meat, broth, and vegetable mixture separately—

1 2½- to 3-pound broiler-fryer chicken, cut up
4 cups water
1 cup sliced carrot
½ cup chopped onion
½ cup sliced celery
1½ teaspoons salt
⅛ teaspoon pepper
• • •
¾ cup all-purpose flour
¼ teaspoon salt
3 tablespoons shortening
2 tablespoons ice water
¼ cup butter *or* margarine
⅓ cup all-purpose flour
⅛ teaspoon crushed thread saffron
½ cup light cream *or* milk
Salt and pepper
Parsley sprigs (optional)
Whole spiced apples (optional)

In a large kettle or Dutch oven place chicken and the 4 cups water. Bring to boiling; skim off foam. Add carrot, onion, celery, the 1½ teaspoons salt, and the ⅛ teaspoon pepper. Simmer, covered, about 45 minutes or till chicken is tender. Remove chicken from broth; cool till easy to handle. Skim fat from broth. Strain broth, reserving 3 cups liquid and the vegetables. Remove chicken from bones. Cut into bite-size pieces. Discard skin and bones.

In a bowl combine the ¾ cup flour and the ¼ teaspoon salt. With pastry blender cut in shortening till mixture resembles coarse crumbs. Sprinkle ice water over flour mixture; toss with fork. Press dough into a ball. On a lightly floured surface, roll dough to ⅛-inch thickness. Cut with a pastry wheel or sharp knife into 1½-inch squares. Place on a baking sheet. Bake in a 450° oven for 12 to 15 minutes.

Meanwhile, melt the butter or margarine in the kettle or Dutch oven. Blend in the ⅓ cup flour and the saffron. Stir in reserved broth and light cream. Cook and stir till mixture is thickened and bubbly. Reduce heat; add vegetables and chicken. Heat through. Season to taste with salt and pepper. Serve chicken mixture with pastry squares. Garnish with parsley and spiced apples, if desired. Makes 4 to 6 servings.

FUNNY CAKE

Be sure to use our pastry recipe because it's extra rich to keep the filling from leaking out—

1 recipe Basic Pastry (see recipe right)
1 recipe Strawberry, Raspberry, *or* Chocolate Filling
• • •
⅓ cup sugar
¼ cup shortening
½ teaspoon vanilla
1 egg
• • •
½ cup all-purpose flour
¾ teaspoon baking powder
¼ teaspoon salt
¼ cup milk

On floured surface roll pastry to a 12-inch circle. Transfer to a 9-inch pie plate. Trim pastry to ½ inch beyond the edge of pie plate. Crimp edges high; *do not prick.* Line pastry with heavy-duty foil and fill with dry beans or pie weights. Bake in 450° oven for 10 minutes. Remove beans and foil. Cool on wire rack.

Make your choice of filling; cool to lukewarm. In small mixer bowl beat the sugar, shortening, and vanilla till light and fluffy. Beat in egg. Stir together flour, baking powder, and salt. Add to creamed mixture alternately with milk, beating well after each addition. Set aside.

Pour filling mixture into cooled baked pastry shell (mixture will be thin). Spoon creamed mixture over. Bake in a 375° oven for 40 minutes or till cake tests done. Serve warm.

To make *Strawberry* or *Raspberry Filling:* Press 1½ cups (½ of a 12-ounce package) thawed *unsweetened frozen strawberries* or *raspberries* through a sieve; discard seeds. If necessary, add water to puree to make ½ cup. In saucepan combine puree, ½ cup *sugar,* ¼ cup *butter* or *margarine,* and 2 tablespoons *corn syrup.* Heat to boiling; boil 2 minutes. Cool to lukewarm.

To make *Chocolate Filling:* In a bowl stir together ½ cup *sugar* and ¼ cup *unsweetened cocoa powder.* Blend in ½ cup *hot water* and ½ teaspoon *vanilla.*

BASIC PASTRY

1½ cups all-purpose flour
½ teaspoon salt
½ cup shortening
4 to 5 tablespoons cold water

Stir together flour and salt; cut in shortening with pastry blender till pieces are the size of small peas. Sprinkle 1 tablespoon of water over part of the mixture. Toss gently with fork; push to side of bowl. Repeat till all is moistened. Form into ball.

BOSTON CREAM PIE

To turn this into traditional Washington Pie, spread raspberry jam instead of the Vanilla Cream Filling between the cake layers—

1 egg white
¾ cup sugar
1 cup all-purpose flour
1½ teaspoons baking powder
½ teaspoon salt
½ cup milk
3 tablespoons cooking oil
1 egg yolk
1 teaspoon vanilla
1 recipe Vanilla Cream Filling

continued on page 158



In Adair, Iowa, you learn early what goes best with ham.



In places like Adair, certain things have a way of going with ham. Corn on the cob. String beans. And, of course, pineapple.

But not like any pineapple you've ever tasted. We've created a unique Jell-O® gelatin salad called Pineapple Lime Temptation.

It's one of the great Jell-O® gelatin salads. Each one's specially selected to match up with one of your family's favorite main dishes.

Great with baked ham: Pineapple Lime Temptation (shown above)

1 can (15¼ oz.) chunk pineapple in juice
2 packages (3 oz. each) or 1 package (6 oz.) JELL-O® Brand Lime Flavor Gelatin
1½ cups boiling water
1 cup ginger ale or cold water
¼ teaspoon ginger

Drain pineapple, reserving juice. Dissolve gelatin in boiling water. Add reserved juice, ginger ale and ginger. Chill until thickened. Fold in pineapple and spoon into 5- or 6-cup mold. Chill until firm, about 4 hours. Unmold. Garnish with salad greens. Serves 10.

Great with grilled ham: Creamy Pineapple Salad

1 can (20 oz.) crushed pineapple in juice
2 packages (3 oz. each) or 1 package (6 oz.) JELL-O® Brand Lime Flavor Gelatin
½ teaspoon salt
2 cups boiling water
2 tablespoons lemon juice
1 package (8 oz.) cream cheese
¼ teaspoon ginger

Drain pineapple, reserving juice. Add water to juice to make 1½ cups. Dissolve gelatin and salt in boiling water. Add measured liquid and lemon juice. Measure 2½ cups and pour into 6-cup mold. Chill until set but not firm. Meanwhile, beat cream cheese and ginger until soft and creamy. Very slowly blend in remaining gelatin. Stir in pineapple. Chill until slightly thickened. Spoon into pan over clear gelatin. Chill until firm, about 4 hours. Unmold. Garnish with salad greens. Serves 12. (Note: recipe may be halved.)

The great Jell-O® BRAND gelatin salads. One of them's right with what you're making tonight.

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continued from page 155

Recipes from the East

1 recipe Chocolate Glaze
1 recipe Vanilla Icing

In small bowl beat egg white till frothy. Gradually add *¼ cup* of the sugar, beating till stiff peaks form (tips stand straight). Set aside.

Grease a 9x1½-inch round cake pan. Line with waxed paper and grease again. In small mixer bowl stir together flour, the remaining ½ cup sugar, the baking powder, and salt. Blend in *¼ cup* of the milk, the cooking oil, egg yolk, and vanilla. Beat 1 minute at medium speed of electric mixer, scraping sides of bowl. Add remaining ¼ cup milk; beat 1 minute more. Fold in egg white. Turn batter into prepared cake pan. Bake in a 350° oven 25 to 30 minutes or till cake tests done.

Cool cake in pan 10 minutes; remove from pan. Cool on wire rack. When cake is cool, split it horizontally into 2 layers. Spread bottom layer with Vanilla Cream Filling. Add top layer. Pour Chocolate Glaze over top of cake; allow to flow down sides. Immediately drizzle Vanilla Icing in a spiral with a spoon; before icing has set, draw a knife through icing at regular intervals to produce a web effect.

To make *Vanilla Cream Filling:* In a saucepan combine ⅓ cup *sugar,* 2 tablespoons all-purpose *flour,* 1 tablespoon *cornstarch,* and ¼ teaspoon *salt.* Blend in 1¼ cups *milk.* Add 1 tablespoon *butter* or *margarine.* Cook and stir till mixture thickens and bubbles. Cook 1 minute more. Beat 2 *eggs* slightly. Stir about *half* of the hot mixture into eggs; return to saucepan. Cook and stir till nearly bubbly; reduce heat. Cook and stir over medium heat 1 to 2 minutes more. *Do not boil.* Remove from heat; stir in 1 teaspoon *vanilla.* Cover surface with waxed paper. Cool, without stirring, to room temperature; then chill.

To make *Chocolate Glaze:* In small saucepan melt one 1-ounce square *unsweetened chocolate* with 1 tablespoon *butter* or *margarine* over low heat, stirring often. Remove from heat. Stir in ¾ cup sifted *powdered sugar* and ½ teaspoon *vanilla* till crumbly. Blend in 2 teaspoons *very hot water.* Beat in 3 to 4 teaspoons additional *hot water,* 1 teaspoon at a time, to make a glaze of pouring consistency.

To make *Vanilla Icing:* In a small bowl combine 1 cup sifted *powdered sugar* and ¼ teaspoon *vanilla.* Add enough *milk* (3 to 4 teaspoons) to make of drizzling consistency.

PARKER HOUSE ROLLS

These rolls were invented at the Parker House Hotel restaurant in Boston—

3 to 3½ cups all-purpose flour
1 package active dry yeast
¾ cup milk
¼ cup sugar
⅓ cup butter *or* margarine
½ teaspoon salt
2 eggs
• • •
Butter *or* margarine, melted

In large mixer bowl combine *1½ cups* of the flour and the yeast. In a saucepan heat milk, sugar, the ⅓ cup butter or margarine, and the salt just till warm (115° to 120°) and butter is almost melted; stir constantly. Add to flour mixture; add eggs. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed.

Stir in as much of the remaining flour as you can mix in with a spoon. Turn out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover; let rise in warm place till double (about 1 hour). Punch down; divide dough in half. Cover; let rest 10 minutes.

On lightly floured surface, roll each half of the dough to a ¼-inch thickness. Cut with a floured 2½-inch round cutter. Brush with melted butter. Make an off-center crease in each round. Fold so large half overlaps small half slightly. Place rolls, with large halves up, side by side in a greased 13x9x2-inch baking pan. Cover; let rise till nearly double (about 30 minutes). Bake in a 375° oven for 15 to 18 minutes or till done. Makes about 2 dozen.



CAPE COD DINNER

Be sure to soak and rinse the cod well or it will be too salty—

1½ pounds salt cod
• • •
4 ounces salt pork, diced
4 medium beets, peeled and sliced
4 medium potatoes, peeled and quartered
2 large carrots, crinkle-cut or cut in chunks
8 small whole onions
• • •
1 recipe Cream Sauce
1 hard-cooked egg, sliced (optional)

Soak salt cod in enough water to cover for 12 hours, changing water once. In a saucepan cook salt pork till crisp. Drain; set salt pork aside. Discard drippings. Drain salt cod well. In the same saucepan cover cod with fresh cold water. Bring to boiling; reduce heat and simmer 20 minutes or till fish is tender. Drain.

Meanwhile, in a second saucepan cook beets, covered, in a small amount of boiling salted water for 20 minutes or till tender. In a third saucepan cook potatoes, carrots, and onions, covered, in boiling salted water for 20 minutes or till tender. Drain all vegetables. Arrange fish and vegetables on a warm platter. Keep them warm while preparing Cream Sauce. Stir salt pork into sauce. Spoon some of the sauce over fish. Top with egg slices, if desired. Pass remaining sauce. Makes 4 servings.

To make *Cream Sauce:* In a saucepan melt 2 tablespoons *butter or margarine.* Stir in 2 tablespoons all-purpose *flour,* ¼ teaspoon salt, ⅛ teaspoon *white pepper,* and ⅛ teaspoon ground *nutmeg.* Add 1 cup *milk* all at once. Cook and stir till mixture is thickened and bubbly. Makes about 1½ cups sauce.

continued

Oh the spooky nutty things you can do with Diamond Walnuts.



Treat your little goblins to these goodies.

Layered Walnut Pumpkin Pie

¾ cup Diamond Walnuts
1 envelope unflavored gelatin
¼ cup cold water
1 can (1 pound) pumpkin
¾ cup granulated sugar
½ cup milk
3 large eggs, separated
1 teaspoon pumpkin pie spice
½ teaspoon salt
¼ teaspoon vanilla
1 cup whipping cream
1 9-inch baked, cooled pie shell
Diamond Walnut halves for decoration

Chop walnuts fine, set aside. Soften gelatin in water in a 2-qt. saucepan. Stir in pumpkin, ½ cup of the sugar, milk, lightly beaten egg yolks, spice and salt. Heat just to boiling, stirring constantly. Turn heat very low and cook 5 min., stirring. Remove from heat; add vanilla and cool. Chill until mixture thickens slightly. Beat egg whites to soft peaks. Gradually beat in 2 Tbsp. sugar, beating until stiff. Fold into pumpkin mixture, along with chopped walnuts. Beat cream with remaining sugar until very stiff. Turn half pumpkin mixture into pie shell and spread level. Top with ¾ of the cream and spread in even layer. Spoon on remaining pumpkin filling. Decorate top with remaining cream and walnut halves. Chill at least 4 hrs. before cutting. Makes 1 9-in. pie, 8 servings.



Oh the lovely nutty things you can do with Diamond Walnuts.

Pumpkin Walnut Cookies

½ cup butter or margarine
1½ cups brown sugar, packed
2 large eggs
1 cup cooked or canned pumpkin
1 teaspoon vanilla
1 teaspoon grated lemon peel
1 teaspoon lemon juice
2½ cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
1½ teaspoons pumpkin pie spice
¼ teaspoon ginger
1 cup coarsely chopped Diamond Walnuts

Cream butter and sugar together until fluffy. Beat in eggs, one at a time. Stir in pumpkin, vanilla, lemon peel and juice. Resift flour with baking powder, salt and spice; blend into butter mixture. Stir in walnuts. Drop by tablespoonfuls onto greased baking sheets 2-in. apart. Bake at 375° F. 12 to 14 min. Makes about 2½ doz. 3-in. cookies.

To decorate: Spread cookies with a vanilla butter cream frosting and make "face" with walnut pieces and candy corn.

continued

Recipes from the East

STUFFED QUAHAUGS

The Indians made beaded wampum out of the shell of the quahaug clam—

12 large *or* 24 small fresh *or* frozen clams in shells

• • •

1 cup dry white wine
½ cup chopped onion
1 tablespoon snipped fresh parsley *or* 1 teaspoon dried parsley
½ teaspoon dried thyme, crushed
Dash pepper
¾ cup chopped onion
1 tablespoon butter *or* margarine
1 tablespoon olive *or* cooking oil
2 tablespoons snipped fresh chives *or* 2 teaspoons dried snipped chives
2 tablespoons snipped fresh parsley *or* 2 teaspoons dried parsley
½ teaspoon dried oregano, crushed
¼ teaspoon ground sage
¼ teaspoon dried tarragon, crushed
⅛ teaspoon dried red pepper, crushed
2 cups soft bread crumbs (about 2½ slices bread)
¼ cup grated Parmesan cheese
1 teaspoon lemon juice
Dry white wine

Thaw clams, if frozen. Thoroughly wash clams. In a large saucepan combine clams, the 1 cup wine, the ½ cup onion, the 1 tablespoon parsley, the thyme, and dash pepper. On rack in kettle, steam clams 5 minutes or till they open. Strain broth and reserve. Discard any clams that do not open. Remove remaining clams from shells. Reserve shells. Cut up clams.

For stuffing, cook the ¾ cup onion in the butter or margarine and olive or cooking oil till tender but not brown. Add the chives, the 2 tablespoons parsley, oregano, sage, tarragon, and red pepper. Cook 3 minutes. Stir in bread crumbs, Parmesan cheese, and lemon juice. Mix well. Stir in enough reserved clam broth to moisten (⅓ to ½ cup). Stir in clam pieces. Stuff reserved shells. Place clam shells on a baking sheet. Sprinkle with some of the remaining wine. Close shells. Cover with foil. Bake in a 350° oven for 20 minutes or till hot. Makes 12 appetizer servings.



MANHATTAN CLAM CHOWDER

Unlike New England clam chowder, this recipe contains no milk—

1 pint shucked clams *or* two 6-ounce cans minced clams
3 slices bacon, cut up
1 cup finely chopped celery
1 cup chopped onion
1 16-ounce can tomatoes, cut up
2 medium potatoes, peeled and chopped
½ cup finely chopped carrots
1 teaspoon salt
½ teaspoon dried thyme, crushed
⅛ teaspoon pepper

Drain clams, reserving liquid. Chop shucked clams. Add enough water to reserved liquid to measure 3 cups. In a large saucepan partially cook bacon; add celery and onion. Cook and stir till vegetables are tender. Stir in clam juice mixture, *undrained* tomatoes,

continued on page 164



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The recipe.

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3 egg whites
Dash of salt
1 cup (one-half jar) Kraft marshmallow creme

Beat egg whites and salt until soft peaks form.

Gradually add marshmallow creme, beating until stiff peaks form. Spread over pie filling, sealing to edge of crust.

Bake 350°, 12 to 15 minutes or until lightly browned. Cool.

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For more ideas, get our free recipe booklet. Details are on our label.

The secret ingredient.

Look for Kraft marshmallow creme in the baking or toppings section of your supermarket.

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continued from page 160

Recipes from the East

potatoes, carrots, salt, thyme, and pepper. Cover and simmer for 30 to 35 minutes. Mash vegetables slightly to thicken. Add clams; heat through. Makes 6 to 8 servings.

CORN OYSTERS

Try these fritters in place of potatoes—

2 ears corn on the cob *or* one 8¾-ounce can whole kernel corn, drained
1 beaten egg
¼ cup all-purpose flour
3 tablespoons light cream *or* milk
1 tablespoon butter *or* margarine, melted
¼ teaspoon salt
teaspoon pepper

• • •

Cooking oil for shallow-fat frying

If using fresh corn, remove husks and silk from ears. With a sharp knife make cuts down through the center of kernels on each row of corn; scrape cob. (*Or,* coarsely chop whole kernel corn.) In a bowl combine the beaten egg, corn, flour, light cream, butter or margarine, salt, and pepper.

In a heavy skillet pour cooking oil to a depth of ½ inch. Heat oil to 365°. Carefully drop corn mixture by tablespoons into hot oil. Fry fritters 2 minutes or till golden, turning once. Makes about 1 dozen.

RECIPES FROM THE MIDWEST

PHEASANT WITH WILD RICE

For a more economical stuffing, substitute brown rice for the wild rice—

1 cup chopped onion
1 cup chopped carrot
1 cup chopped celery
⅓ cup butter *or* margarine

• • •

5¼ cups water
1½ cups wild rice, rinsed
1 tablespoon salt
3 cups sliced fresh mushrooms
¾ teaspoon dried sage, crushed
¾ teaspoon dried thyme, crushed
¾ teaspoon dried savory, crushed

• • •

2 2- to 3-pound domestic pheasants *or* broiler-fryer chickens
6 slices bacon

In a saucepan cook onion, carrot, and celery in butter or margarine till tender but not brown. Add water, rice, and salt. Cover; cook 35 to 40 minutes or till rice is nearly tender. Stir in mushrooms, sage, thyme, and savory. Cover and cook 10 minutes more or till water is absorbed.

Rub cavities of birds with salt, if desired. Stuff lightly with some of the wild rice and mushroom mixture. For each bird, skewer neck skin to back; tie legs to tail. Twist wings under back. Place, breast up, on a rack in a shallow roasting pan. Lay bacon over birds. Place remaining stuffing in a 1-quart casserole. Cover.

Roast birds, uncovered, in a 350° oven for 1½ to 2 hours or till birds are tender. During the last 30 minutes of roasting, bake remaining stuffing in covered casserole with birds. To serve, spoon stuffing from casserole onto a platter; top with birds. Makes 6 servings.

continued

Blushing Peach Delight.

A delicious idea made with Knox and Cling Peaches.

It's shimmering, glimmering, lovely to look at. Delicious as a salad. Or a dessert. Looks very elegant, but it's very easy



to make. With Knox® Unflavored Gelatine and canned sliced cling peaches. Try it tomorrow. Your family will love it.

Blushing Peach Delight

- 2 envelopes Knox Unflavored Gelatine
- ¾ cup cold water
- 1½ cups cranberry juice, heated to boiling
- 1 can (29 oz.) or 2 cans (16 oz. ea.) sliced cling peaches, drained (reserve 1¼ cups syrup)
- ½ cup grapes

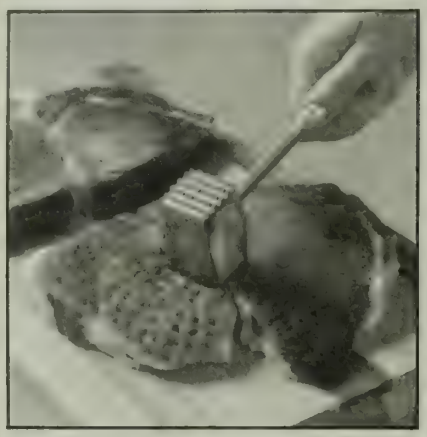
In large bowl, sprinkle unflavored gelatine over water; let stand 1 minute. Add hot juice and stir until gelatine is completely dissolved. Stir in reserved syrup. Chill, stirring occasionally, until mixture is consistency of unbeaten egg whites. Fold in peaches and grapes. Turn into 5½ cup mold and chill until firm. Makes about 8 servings.

continued

Recipes from the Midwest

OVEN SWISS STEAK

You might add some chopped green pepper for extra flavor—



1½ pounds beef round steak, cut ¾ inch thick
¼ cup all-purpose flour
1 teaspoon salt
2 tablespoons shortening
1 16-ounce can tomatoes, cut up
½ cup finely chopped celery
½ cup finely chopped carrot
½ teaspoon Worcestershire sauce

Cut meat into 6 serving-size portions. Combine flour and salt; with meat mallet, pound *2 tablespoons* of the mixture into meat on both sides. Brown meat on both sides in hot shortening. Transfer meat to a 12x7½x2-inch baking dish. Blend remaining 2 tablespoons flour mixture into pan drippings. Stir in *undrained* tomatoes, celery, carrot, and Worcestershire. Cook and stir till thickened and bubbly; pour over meat.

Bake steak, covered, in 350° oven about 1 hour and 20 minutes or till meat is tender. Makes 6 servings.

HONEY-WHEAT MUFFINS

For a crunchy treat, stir ½ cup shelled sunflower seed into the flour mixture—

1 cup all-purpose flour
½ cup whole wheat flour
2 teaspoons baking powder
½ teaspoon salt
1 beaten egg
½ cup milk
½ cup honey
¼ cup cooking oil
½ teaspoon finely shredded lemon peel

In a bowl stir together flours, baking powder, and salt. Make a well in center of dry ingredients. Combine egg, milk, honey, oil, and lemon peel; add all at once to dry ingredients, stirring till just moistened (batter should be lumpy). Fill greased or paper-bake-cup-lined muffin cups ⅔ full. Bake in a 375° oven for 20 minutes. Remove from pan; cool slightly. Makes 10.

PORK STEW WITH CORNMEAL DUMPLINGS

Try this stew with beef or lamb, too—

2 pounds pork stew meat, cut in 1-inch cubes
2 tablespoons cooking oil

• • •

1 medium onion, cut in thin wedges
1 clove garlic, minced
1 28-ounce can tomatoes, cut up
1 12-ounce can (1½ cups) beer
1 tablespoon sugar

Tonight take your hamburger out of the same old grind.



Super Italian Supper. Brown ¾ pound ground beef in skil
leaving meat in chunks. Pour off all except 1 tablespoon fat. Ad
package (10 oz.) Birds Eye® Italian Style Vegetables wit
Seasoned Sauce, ½ cup water, 2 teaspoons lemon juice an
teaspoon garlic powder. Bring to a full boil o
medium heat, separating vegetables; stir f
quently. Reduce heat, cover and simmer
2 minutes. Serve over cooked pasta bo
sprinkle with ¼ cup diced mozzar
cheese and 1 teaspoon chop
parsley. Makes 3 servin

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GENERAL FO

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Photo approx

BIRDS EYE

Our vegetables and your hamburger can mak

1 tablespoon Worcestershire sauce
1 teaspoon dried thyme, crushed
2 bay leaves
¾ teaspoon salt
¼ teaspoon pepper
¼ teaspoon ground nutmeg

• • •

2 tablespoons all-purpose flour
1 recipe Cornmeal Dumplings
Paprika (optional)

In 4-quart Dutch oven brown meat cubes, half at a time, in hot cooking oil. Return all meat to pan. Add onion, garlic, *undrained* tomatoes, *1 cup* of the beer, the sugar, Worcestershire sauce, thyme, bay leaves, salt, pepper, and nutmeg. Bring to boiling; reduce heat. Simmer, covered, 1½ hours or till meat is tender. Spoon off fat.

Blend flour and the remaining beer together; stir into stew. Cook and stir till thickened and bubbly. Prepare Cornmeal Dumplings. Drop batter by rounded tablespoonsful onto boiling stew mixture to make 8 dumplings. Sprinkle tops with paprika, if desired. Cover and simmer, *without lifting cover,* 10 to 12 minutes or till dumplings are done. Makes 8 servings.

To make *Cornmeal Dumplings:* In bowl stir together ½ cup all-purpose *flour,* ⅓ cup *yellow cornmeal,* 1½ teaspoons *baking powder,* ¼ teaspoon *salt,* and dash *pepper.* Combine 1 beaten *egg,* 2 tablespoons *milk,* and 2 tablespoons *cooking oil.* Add to flour mixture and stir till blended. Stir in one 8¾-ounce can *whole kernel corn,* drained.

SWEDISH LIMPA

The Swedish word "limpa" simply means bread, but in the United States, it refers to a type of rye bread that's flavored with orange peel—

3¼ to 3¾ cups all-purpose flour
2 packages active dry yeast
1 tablespoon caraway seed
½ teaspoon fennel seed (optional)
2 cups warm water (115° to 120°)
½ cup packed brown sugar
2 tablespoons finely shredded orange peel
1 tablespoon cooking oil
1 teaspoon salt
2½ cups rye flour

In large mixer bowl combine *2½ cups* of the all-purpose flour, the yeast, caraway seed, and fennel seed. Stir together water, brown sugar, orange peel, cooking oil, and salt. Add to flour mixture. Beat at low speed of electric mixer for ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. Stir in rye flour and as much of the remaining all-purpose flour as you can mix in with a spoon. Turn out onto floured surface. Knead in enough of the remaining all-purpose flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Place in a greased bowl; turn once to grease surface. Cover; let rise in a warm place till double (1¼ to 1½ hours).

Punch dough down; divide in half. Cover; let rest 10 minutes. Shape into two 4½-inch round loaves on a greased baking sheet. Cover; let rise till nearly double (about 40 minutes). Bake in a 350° oven for 40 to 45 minutes; cover with foil the last 10 minutes, if necessary, to prevent overbrowning. Cool on wire rack. Makes 2.

continued

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continued

Recipes from the Midwest

CORNISH BEEF PASTIES

These pastry bundles are favorites of Cornish miners—

2 cups all-purpose flour
1 teaspoon salt
⅔ cup shortening
5 to 6 tablespoons cold water
1 medium potato
1 pound beef round steak, cut in ¼-inch cubes
⅔ cup peeled turnip, carrot, *or* rutabaga cut in ¼-inch cubes
½ cup finely chopped onion
1 teaspoon salt
¼ teaspoon pepper
Milk
1 tablespoon sesame seed
Catsup (optional)

In large mixing bowl stir together the flour and the first 1 teaspoon salt. With pastry blender, cut in the shortening till mixture resembles coarse crumbs. Add cold water, a tablespoon at a time, to dry ingredients, tossing with fork to moisten. Form into a ball. Cover and chill 1 hour.

Meanwhile, peel and coarsely chop potato. Combine with beef, turnip, onion, the remaining 1 teaspoon salt, and the pepper. Set aside.

Divide dough into 5 portions. On lightly floured surface roll out each portion to a 7-inch circle. Place about ⅔ cup filling in the center of each circle; bring sides of pastry over filling. Pinch edges to seal. Cut slits in pastry for escape of steam. Brush pastry lightly with milk and sprinkle with sesame seed. Carefully transfer pasties to an ungreased baking sheet. Bake in 375° oven for 35 to 40 minutes or till golden brown. Serve with catsup, if desired. Makes 5.

BLACK WALNUT CAKE

You also can bake this cake in a regular 10-inch tube pan—

1 cup butter *or* margarine
3 cups sifted powdered sugar
1 teaspoon vanilla

• • •

4 egg yolks
2¾ cups all-purpose flour
1 tablespoon baking powder

continued



"Switching to Hershey's Cocoa made my devil's food cake richer and more chocolatey."

Betty K. Johnson, Oak Park, Ill.

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And do try this delicious chocolate cake recipe.



Mrs. Johnson's Chocolate Cake

¼ cup butter
2 cups sugar
1 teaspoon vanilla
2 eggs
4 squares (4 ounces) ~~unsweetened baking chocolate~~ 12 tbsp. (¾ cup) Hershey's Cocoa + 4 tbsp. (¼ cup) shortening
1¾ cups unsifted all-purpose flour
¾ teaspoon baking powder
¾ teaspoon baking soda
⅛ teaspoon salt
1¾ cups milk

Generously grease and flour two 9-inch or three 8-inch round cake pans. Cream butter, shortening, sugar and vanilla until fluffy; blend in eggs.

Combine cocoa, flour, baking powder, baking soda and salt in bowl; add alternately with milk to batter. Blend well. Pour into prepared pans; bake at 350° for 30 to 35 minutes for 9-inch pans and 35 to 40 minutes for 8-inch pans, or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans.



continued

Recipes from the Midwest

½ teaspoon ground cinnamon
¼ teaspoon salt
1⅓ cups milk
1 cup chopped black walnuts
4 egg whites
Sifted powdered sugar

In large mixer bowl cream butter or margarine, the 3 cups sugar, and the vanilla thoroughly till light and fluffy. Add egg yolks, one at a time, beating well after each. Stir together the flour, baking powder, cinnamon, and salt. Add to creamed mixture alternately with milk, beating well after each addition. Stir in nuts. Wash beaters thoroughly. In small mixer bowl beat egg whites till stiff peaks form (tips stand straight). Fold into batter. Pour into a greased and floured 10-inch fluted tube pan. Bake in a 350° oven for 50 to 55 minutes or till cake tests done. Cool in pan 10 minutes. Remove from pan. Cool completely on wire rack. Dust cake with additional powdered sugar.

APPLE JONATHAN

8 to 10 tart cooking apples, peeled, cored, and thinly sliced (6 cups)
½ cup maple *or* maple-flavored syrup
½ cup sugar
¼ cup butter *or* margarine
1 egg
1 cup all-purpose flour
2 teaspoons baking powder
1 teaspoon finely shredded orange peel
½ teaspoon salt
½ cup orange juice

In a bowl toss apples with maple syrup till well coated. Spread evenly in a 10x6x2-inch baking dish or 1½-quart oval au gratin dish. Cover; bake in a 350° oven for 25 minutes. Meanwhile, in small mixer bowl beat together sugar and butter or margarine till light. Beat in egg. Stir together flour, baking powder, orange peel, and salt; add to creamed mixture alternately with orange juice, beating well after each addition. Uncover baking dish. Spread batter over hot apples. Return to oven; bake 25 to 30 minutes more or till cake tests done. Serve warm or cool. Top with dollops of unsweetened whipped cream and halved orange slices, if desired. Makes 6 to 8 servings.

RASPBERRY-CHERRY PIE

Be sure to make this pie with fresh cherries when they're in season—

1 10-ounce package frozen red raspberries, thawed
¾ cup sugar
3 tablespoons cornstarch
¼ teaspoon salt
2 cups fresh *or* frozen pitted tart red cherries
Pastry for a two-crust 9-inch pie

Drain raspberries, reserving syrup. Add enough water to syrup to measure 1 cup liquid. In a medium saucepan mix together sugar, cornstarch, and salt. Stir in reserved raspberry liquid. Stir fresh or frozen cherries into mixture in saucepan. Cook and stir over medium high heat till thickened and bubbly. Cook and stir 1 minute more. Remove from heat; stir in drained raspberries. Cool 15 to 20 minutes.



Meanwhile, prepare pastry: on floured surface roll out *half* the pastry to a 12-inch circle. Line a 9-inch pie plate with pastry; trim ½ inch beyond edge of pie plate. Fill with partially cooled fruit mixture. On floured surface roll out remaining pastry to 12-inch circle. Cut into ½-inch-wide strips with knife or pastry wheel. Weave strips atop filling to make a lattice crust. Trim. Seal and flute edges of pastry high. Cover edges of pie with foil to prevent overbrowning. Bake in a 375° oven for 20 minutes. Remove foil; bake 15 to 20 minutes more. Cool on wire rack.

OZARK PUDDING

This pudding was reputedly a favorite of President and Mrs. Truman—

2 eggs
1 cup sugar
1 teaspoon vanilla
⅓ cup all-purpose flour
1 tablespoon baking powder
⅛ teaspoon salt
2 cups chopped peeled apple
½ cup chopped walnuts
Unsweetened whipped cream
Poached apple slices (optional)

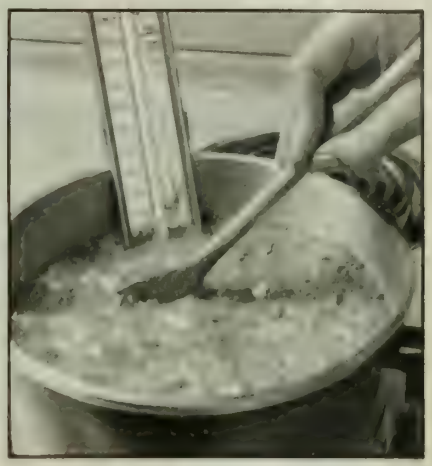
In large mixer bowl beat together the eggs, sugar, and vanilla till light and fluffy. Stir together the flour, baking powder, and salt. Blend into creamed mixture. Fold in apple and walnuts. Turn into a greased and floured 9x9x2-inch baking pan. Bake in a 325° oven for 30 to 35 minutes. Spoon into dessert dishes. Serve warm with whipped cream and apple slices, if desired. Makes 6 to 8 servings.

HICKORY NUT BRITTLE

If hickory nuts aren't available in your area, substitute filberts or walnuts—

2 cups sugar
1 cup light corn syrup
1 cup water
1 tablespoon butter *or* margarine
2 cups chopped hickory nuts
2 teaspoons baking soda
2 teaspoons vanilla

In a heavy 3-quart saucepan combine sugar, corn syrup, and water. Cook and stir over medium heat till sugar dissolves. Continue cooking till mixture boils; stir in butter or margarine. Clip candy thermometer to side of pan. Continue cooking, *without stirring,* to 230° (thread stage). Then cook and stir to 280° (soft-crack stage). Stir in nuts. Cook, stirring constantly, to



300° (hard-crack stage). Remove pan from heat. Quickly stir in baking soda and vanilla, mixing well. Immediately pour onto two buttered 15x10x1-inch baking pans, spreading candy to an even thickness. As candy cools, stretch it thinner by lifting and pulling with two forks. Break candy into pieces when cool. Makes about 2 pounds.

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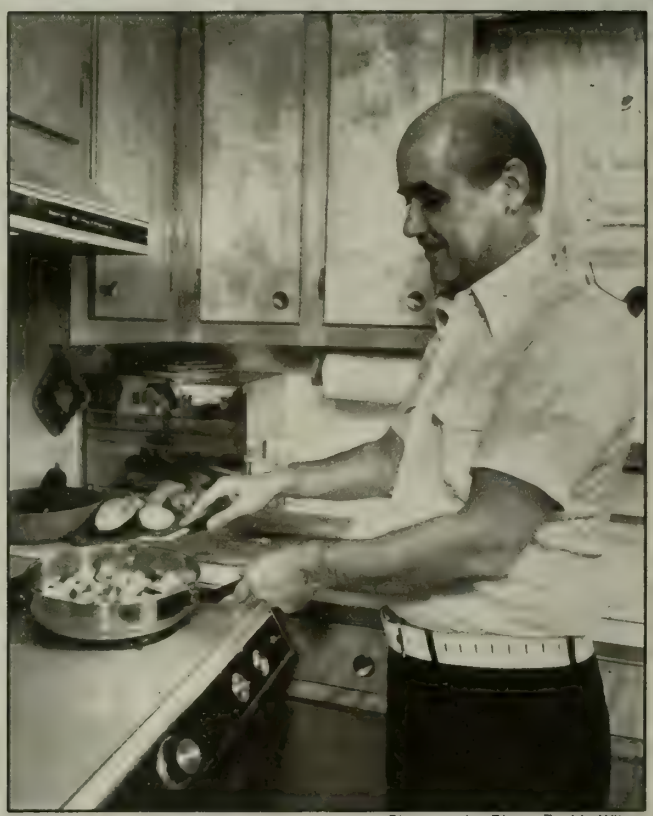
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american dairy association®

HE COOKS

Eggplant Casserole





Photographs: Dieter, Foulds-Wilson

Thomas Soukas of North Providence, Rhode Island, was 12 when he first started helping his mother with the family cooking. Now a husband and father, Thomas is cooking for his own family at home in addition to running a small restaurant.

"Gourmet cooking is my hobby as well as my profession," says Thomas. "I've attended international and gourmet cooking classes and loved every minute. And I also enjoy experimenting in the kitchen."

About two years ago Thomas began experimenting with the Greek dish moussaka and came up with his own takeoff, Eggplant Casserole. "I made it first for my wife, Emily, and our four children," he says. "Once I'd perfected the recipe, I tried it at my restaurant. It made a big hit with my patrons."

EGGPLANT CASSEROLE

Try this casserole with ground lamb, too—

1 pound ground beef
1 cup chopped onion
1½ cups coarsely chopped peeled eggplant
1 cup coarsely chopped peeled potato
½ cup tomato sauce
1 teaspoon chili powder
¾ teaspoon ground nutmeg
½ teaspoon salt
½ teaspoon garlic powder
¼ cup grated Parmesan cheese
2 eggs
1 cup plain yogurt
Snipped parsley

In a skillet cook beef and onion till meat is browned and onion is tender. Drain off excess fat. Stir in eggplant, potato, tomato sauce, chili powder, nutmeg, salt, and garlic powder. Simmer, covered, for 20 minutes or till potatoes and eggplant are tender. Stir in cheese. Spoon into a 1½-quart casserole. Beat together eggs and yogurt. Spoon atop eggplant mixture. Bake, uncovered, in a 350° oven for 30 to 35 minutes or till top is set. Sprinkle with parsley. Makes 6 servings.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If you have a favorite original recipe, we'd like to hear about it. And if yours is selected for the "He Cooks" feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, IA 50336. No recipes will be returned. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corp. the right to use it in any manner as long as we wish.

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Microwave Desserts
Sandwich Ideas

Do you have a fast-to-fix dessert recipe that you prepare in your microwave oven? Have you come up with a novel sandwich that's a favorite with family and friends? Send us your recipes—you could be a winner next May. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next May. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Microwave Desserts

Do you have a recipe that's extra special as well as speedy? Have you converted a family favorite to microwave cooking? Any micro-cooked dessert—such as an upside-down cake, pudding, pie, dessert sauce, sweet fondue, dessert square, quick fruit crumble, or fruit compote—is eligible. Tips: **mocha sundae sauce, strawberry cobbler, honey bread pudding.**

Sandwich Ideas

Your original sandwich recipe could be a three-decker, open-face, or roll-up creation. Perhaps you use a clever filling for pita (pocket) bread or a tortilla. Do you wrap a sandwich filling in lettuce leaves for a calorie-conscious lunch? Hints: **hot chili bagelwiches, tuna-pumpernickel fold-overs, deep-fried cheese bundles.**

THIS MONTH'S WINNERS

(See recipes on pages 177 and 178.)

Cooks-of-the-Month

Anna F. Miller, Cheyenne, Wyo.
Dede Morris, Ponte Vedra Beach, Fla.

Runners-up

Barb Daniels, Lebanon, Oreg.
Josephine Linder, Index, Wash.
Ms. Carley Lindsay, Iowa City, Ia.
Mrs. L. K. Ross, Sonora, Calif.

Honor Roll

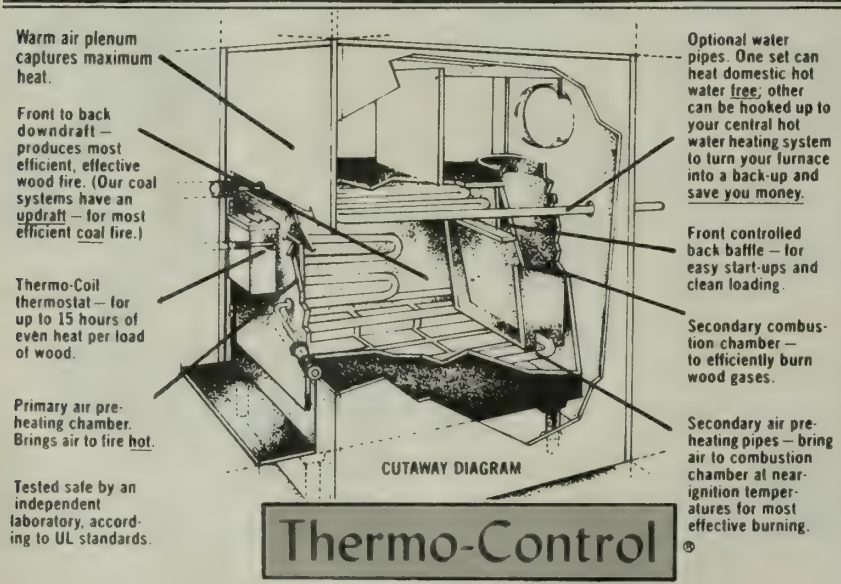
Mary Ethel Frost, Lynn Haven, Fla.
Lois Hoeffel, Fair Oaks, Calif.
Tara Parker, Ovid, Idaho
Jennifer Richmond, Northport, N.Y.
June E. Ritter, Ridgewood, N.J.
Mrs. June Ruchs, Orange, Calif.
Mrs. Irene Sikora, Milwaukee, Wis.
Mrs. William Strieber, Crofton, Md.
Katherine Sullivan, Hamilton, Mass.
Jane Witter, Crown Point, N. Mex.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "May Microwave Desserts" or "May Sandwich Ideas."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, October 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8010 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**

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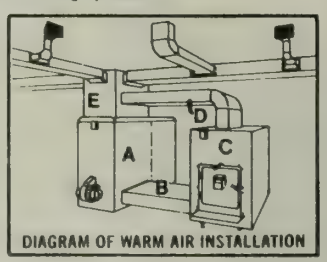


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A guide to cooking fats

Whether you're frying, baking, or making salad dressing, the results can depend on the fat or oil you use. Here's a guide to help you choose the right fat for the job.

Solid fats

Butter is used for seasoning, baking, and panfrying. Most butter you buy is salted to lengthen its keeping quality. That's why you may find unsalted (sweet) butter in the freezer case. Whipped butter is blended with air or nitrogen for better spreadability and shouldn't be substituted directly in most recipes. Avoid high heat when frying with butter so it doesn't burn.

Margarine comes in a variety of forms, salted and unsalted, from regular solid sticks to liquids and tubs of whipped, soft, and diet imitation margarine. Whipped margarine, just like whipped butter, is processed to make it easy to spread.

Use stick margarine in most recipes as you would butter. Avoid substituting soft margarine or diet margarine in baking. Liquid margarine is good for vegetable toppings and panfrying.

Solid shortenings include hydrogenated vegetable and vegetable-animal fat combinations. They can be stored at room temperature. Use for baking and frying.

Lard is often favored for piecrusts since it gives a distinctive flavor and flaky texture. Lard can also be used for panfrying and in baking when specified in the recipe.

Oils

Vegetable oils (fats in liquid form) are popularly used for pan- and deep-fat frying and in salad dressings. For baked products use oil only when called for in the recipe since oil can't be creamed like solid fats.

Besides vegetable oil, much of which is made from soybeans, specific types of oils are also marketed. These include peanut oil, corn oil, safflower oil, olive oil, walnut oil, and sesame oil. The latter three oils impart distinctive flavor to foods. Most other vegetable oils are flavorless and odorless.



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File under Casseroles and one-dish meals

Photographs: Dieter

Freeze-Ahead Main Dishes

Italian Boneless Chicken

Enjoy half of this winning entrée now; freeze the other half and bake later—

6 beaten eggs
2 cups grated Parmesan cheese (8 ounces)
½ cup fine dry bread crumbs
4 cups finely chopped cooked chicken
3 tablespoons butter *or* margarine
½ cup chopped green pepper
½ cup chopped onion
1 tablespoon cooking oil
2 15-ounce cans tomato sauce
1 teaspoon sugar
½ teaspoon Italian seasoning
¼ teaspoon dried basil, crushed
¼ teaspoon garlic powder
⅛ teaspoon pepper
2 cups shredded mozzarella cheese

Combine eggs, Parmesan, and crumbs. Stir in chicken; mix well. With hands, shape mixture into sixteen ¾-inch-thick patties. In a large skillet cook patties in butter or margarine over medium-high heat for 2 to 3 minutes per side or till browned. Drain patties; arrange in two 10x6x2-inch baking dishes. Cook green pepper and onion in hot oil till tender. Remove from heat. Add ½ cup **water** and remaining ingredients **except** mozzarella. Spoon sauce over patties; sprinkle with mozzarella. Bake one casserole, uncovered, in 350° oven for 25 minutes or till hot. Wrap, label, and freeze remaining casserole. (Bake frozen casserole, covered, in 400° oven, for 50 minutes; uncover and bake 20 minutes more or till heated through.) Makes 2 casseroles, 4 or 5 servings each.

Dede Morris, Ponte Vedra Beach, Fla.



File under Desserts

Buying information, page 200

Cranberry Desserts

Frozen Cranberry-Orange Mousse

This top-rated dessert can be molded as shown or scooped like ice cream—

2 cups fresh *or* frozen cranberries
½ cup water
¾ cup sugar
½ cup orange marmalade
1½ cups whipping cream
Cranberries (optional)
1 slightly beaten egg white (optional)
Sugar (optional)
Orange twist (optional)

In medium saucepan combine the 2 cups cranberries and the water; bring mixture to boiling. Reduce heat and simmer, covered, 5 minutes or till berries are soft. Press berries through sieve, discarding skins. Add the ¾ cup sugar and the marmalade to sieved mixture, mixing well. Cool to room temperature, stirring occasionally. Beat cream to soft peaks (tips curl over); fold into cranberry mixture. Turn into a 5-cup mold. Cover and freeze firm, several hours or overnight. To serve, let stand 10 minutes at room temperature; unmold. If desired, dip additional cranberries in egg white then in sugar. Garnish mold with frosted cranberries and an orange twist, if desired. Makes 8 servings.

Anna F. Miller, Cheyenne, Wyo.



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Whole Wheat-Cranberry Cobbler

Serve this dessert warm with ice cream or lemon frozen yogurt—

2 cups fresh *or* frozen cranberries, thawed
½ cup sugar
¼ cup wheat germ
½ cup chopped walnuts
2 eggs
1 cup sugar
½ cup whole wheat flour
½ cup all-purpose flour
½ cup butter *or* margarine, melted
¼ cup shortening, melted

Spread cranberries over bottom of a 10x6x2-inch baking dish. Sprinkle with the ½ cup sugar, the wheat germ, and nuts. In small mixer bowl beat the eggs on high speed of electric mixer till thick and lemon-colored. Gradually add the 1 cup sugar, beating till well blended. Beating on low speed, add flours alternately with the melted butter or margarine and the shortening till well blended. Pour batter over mixture in pan. Bake in a 350° oven for 35 to 40 minutes. Serve warm. Makes 8 servings.

Josephine Linder, Index, Wash.



Cranberry-Banana Pie

To prevent the banana slices from darkening, dip them in lemon juice—

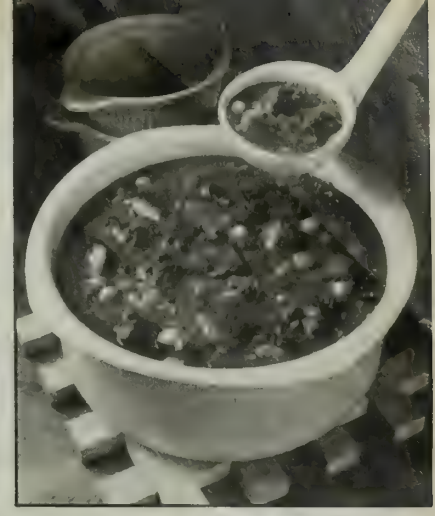
In bowl beat together ½ cup **butter** or **margarine,** softened and ¼ cup packed **brown sugar** till fluffy. Blend in 1 cup **all-purpose flour** and ½ cup flaked **coconut** till well mixed. Spread mixture over bottom and up sides of a buttered and floured 9-inch pie plate. Cover edges with foil. Bake in a 375° oven for 10 to 12 minutes. Brush hot pie shell with 1 beaten **egg white;** cool. In saucepan combine ½ cup **granulated sugar** and 2 teaspoons **cornstarch.** Add one 16-ounce can **jellied cranberry sauce,** stirring to break up sauce. Cook and stir mixture till bubbly; cook 1 minute more. Remove from heat. Stir in ¼ cup chopped **pecans** and ½ teaspoon **vanilla.** Cool slightly; cover and chill thoroughly. Just before serving, place 2 medium **bananas,** sliced, in bottom of pie shell. Spread the chilled cranberry mixture over fruit. Beat 1 cup **whipping cream** to soft peaks; spoon atop cranberry layer. Garnish with additional **banana slices** or **pecans.** Chill.

Barb Daniels, Lebanon, Ore.



Polish Supper Bake

Place one 10-ounce package **frozen chopped spinach** in boiling water; return to boil. Break up spinach; add 4 cups shredded **zucchini.** Cover; simmer 5 minutes. Drain; press out liquid. Cook 1 pound **Polish sausage,** chopped, till lightly browned; drain. Combine 5 slightly beaten **eggs;** 1 cup **milk;** ¾ cup finely crushed **soda crackers;** ½ cup grated **Parmesan cheese;** 1 tablespoon **dried parsley flakes;** 1½ teaspoons **dried minced onion;** ½ teaspoon **salt;** ½ teaspoon **dried basil,** crushed; and ¼ teaspoon **pepper.** Add sausage and vegetables. Divide mixture between two greased 10x6x2-inch baking dishes. Bake one casserole, covered, at 350° for 30 minutes. Uncover; spread ½ cup **dairy sour cream** atop. Sprinkle with 2 tablespoons grated **Parmesan cheese.** Bake, uncovered, 15 minutes longer or till set. Let stand 10 minutes; serve. Wrap, label, and freeze remaining casserole. (Bake frozen casserole, covered, at 350° for 1 hour. Uncover; top with **sour cream** and **Parmesan** as above. Bake, uncovered, 5 minutes longer.) Makes 2 casseroles, 4 to 6 servings



Lamb 'n Garbanzo Stew

In Dutch oven brown 3 pounds **lamb stew meat,** cut in 1-inch cubes; 1½ cups chopped **onion;** and 2 cloves **garlic,** minced, half at a time, in 2 tablespoons hot **cooking oil.** Return all to Dutch oven; add two 10¾-ounce cans **condensed chicken broth.** Bring to boiling; cover and simmer 1 hour. Add one 29-ounce can undrained **tomatoes,** cut up; two 16-ounce cans **garbanzo beans,** drained; 1 medium **green pepper,** seeded and chopped; ½ cup snipped **fresh parsley;** 1 teaspoon **dried thyme,** crushed; 1 teaspoon **salt;** 2 teaspoons **Worcestershire sauce;** and ⅛ teaspoon **pepper.** Simmer, uncovered, 20 to 30 minutes more. Remove half the stew mixture; cool. Place in a freezer container; cover, label, and freeze. Meanwhile, combine 3 tablespoons **all-purpose flour** and ⅓ cup **water;** stir into remaining stew. Cook and stir till bubbly; cook 2 minutes more. Serve at once. (Place frozen stew in Dutch oven. Cook, covered, over low heat, about 45 minutes or till bubbly, stirring occasionally. Thicken with flour-water mixture as above.) Makes 2 stews, 6 servings each

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begins on page 132

Cardigans

CLASSIC CARDIGANS, pages 132 and 133

Knitting and crochet abbreviations

beg ..... beginning
ch ..... chain
dec ..... decrease
inc ..... increase
k ..... knit
lp(s) ..... loop(s)
p ..... purl
pat ..... pattern
psso ..... pass slipped stitch over
rem ..... remaining
rpt ..... repeat
sk ..... skip
sl st ..... slip stitch
sp(s) ..... space(s)
st(s) ..... stitch(s)
tog ..... together
yo ..... yarn over
* . . . repeat what follows as indicated
( ) . . . Work directions given in parentheses or brackets for number of times specified

Child's cardigan, page 133

Instructions are for Size Small (6-8); changes for Medium (10-12) and Large (14-16) follow in parentheses. (See note below on Chest measurements.)

Materials: Lion Brand 100 percent knitting worsted wool *or* Lion Brand "Pamela" knitting worsted acrylic yarn (4-oz. skeins): 7 (7, 7) skeins #109 Colonial Blue; sizes 10½ and 11 knitting needles, or sizes to obtain gauge below; size H aluminum crochet hook; six toggle buttons.

Gauge: With larger needles over pat st, 4 sts = 1 inch.

Chest measurements: 28 (30, 32) inches.

Instructions:

Note: Cardigan is worked with double strands of yarn throughout. *Pattern stitch: Row 1:* K 3, * p 2, k 3. Rpt from * across. *Row 2:* P 3, * k 2, p 3. Rpt from * across. These rows make up pat.

Back: With two strands of yarn and larger needles, cast on 53 (58, 63) sts. Work even in pat until total length from beg measures 13 (13½, 14½) inches, or desired length to underarm.

Armhole shaping: Cast off 5 (5, 5) sts at beg of next 2 rows. Dec 1 st at both ends every other row 3 (3, 3) times —37 (42, 47) sts. Work even in pat until total length past beg of armhole measures 6 (6½, 7) inches.

Shoulder shaping: Cast off 6 (6, 6) sts at beg of next 4 rows. Cast off rem 13 (18, 23) sts.

Left front: With two strands of yarn and larger needles, cast on 34 (39, 44) sts. *Row 1:* * K 3, p 2. Rpt from * to last 9 sts; ending k 1 (p 1, k 1) 4 times. *Row 2:* (P 1, k 1) 4 times; p 1, * k 2, p 3. Rpt from * to end. These 2 rows make up pat. Work even in pat as established until total length measures 13 (13½, 14½) inches, or desired length to underarm, ending with Row 2.

Armhole shaping: Cast off 5 (5, 5) sts at beg of next row; work 1 row even. *Next row:* Dec 1 st at beg of row; complete row. *Following row:* Work even. Rpt last 2 rows twice more—26 (31, 36) sts. Work even until total length past beg of armhole measures 4 (4, 4½) inches, ending at front edge.

Neck shaping: Cast off 11 (11, 11) sts at beg of next row; complete row. Work one row even. Cast off 2 sts at neck edge once. Dec 1 st at same edge every other row 3 (3, 4) times—10 (15, 20) sts. Work even until total length past beg of armhole measures 6 (6½, 7) inches, ending at armhole edge.

Shoulder shaping: Cast off 6 (6, 6) sts; complete row. Work 1 row even. Cast off 4 (6, 6) sts; complete row. *On Medium and Large sizes only:* Work 1 row even; cast off.

Right front: Work as for Left Front, reversing pats and shapings.

Sleeves: With two strands of yarn and larger needles, cast on 28 (28, 33) sts. Work in pat, inc 1 st at both ends every 2 inches 3 (3, 4) times—34 (34, 41) sts. Work even until total length measures 13½ (14, 14½) inches, or desired length to underarm.

Armhole shaping: Cast off 5 (5, 5) sts at beg of next 2 rows. Dec 1 st at both ends every other row until total length measures 3 (3, 3½) inches past beg of armhole. Cast off 2 sts at beg of next 2 (2, 2) rows; cast off rem sts.

Pocket (make 2): With two strands of yarn and larger needles, cast on 13 (13, 13) sts. Work even in pat until total length measures 4 (4, 4) inches. Work in k 1, p 1 ribbing for 1 inch; cast off *loosely* in ribbing.

Collar: With two strands of yarn and smaller needles, cast on 25 (25, 25) sts. Work in k 1, p 1 ribbing, and *at the same time* cast on 12 (12, 12) sts at beg of next 4 rows—73 (73, 73) sts. Work in ribbing as established until length past last inc row measures 4 (4, 4) inches; cast off *loosely* in ribbing.

Toggle loops (make 3): With single yarn and crochet hook, ch 32 (32, 32). Sl st in 2nd ch from hook and in each ch across. Fasten off, leaving an end for sewing. Join ch to form circle. With joining at center, tack tog at center to form a figure eight.

Finishing: Sew side and shoulder seams. Set in sleeves. With center back of collar at center back of neck, sew collar in place, leaving 4 (4, 4) sts free at each front edge.

Sew on pockets even with bottom edges. Sew buttons on the p sts, leaving the k 1, p 1 sts free. Position the uppermost pair of buttons flush to neck edge; space remaining two pairs evenly. Sew on toggle loops.

Woman's cardigan, page 133

Instructions are for Size Small (6-8); changes for Medium (10-12) and Large (14-16) follow in parentheses. (See note below on Bust measurements.)

Materials: Lion Brand 100 percent knitting worsted wool *or* Lion Brand "Pamela" knitting worsted acrylic yarn (4-oz. skeins): 8 (8, 8) skeins #109 Colonial Blue; Sizes 10½ and 11 knitting needles, or sizes to obtain gauge below; Size H aluminum crochet hook; six toggle buttons.

Gauge: With larger needles over pat st, 4 sts = 1 inch.

Bust measurements: 32 (34, 36) inches.

Instructions:

Note: Cardigan is worked with double strands of yarn throughout. *Pattern stitch: Row 1:* K 3, * p 2, k 3. Rpt from * across. *Row 2:* P 3, * k 2, p 3. Rpt from * across. These two rows make up pat.

Back: With two strands of yarn and larger needles, cast on 63 (68, 73) sts. Work even in pat until total length from beg measures 15 (15, 15½) inches, or desired length to underarm.

Armhole shaping: Cast off 5 (5, 5) sts at beg of next 2 rows. Dec 1 st at both ends every other row 2 (2, 2) times —49 (54, 59) sts. Work even in pat until total length past beg of armhole measures 7½ (8, 8½) inches.

Shoulder shaping: Cast off 7 (7, 7) sts at beg of next 4 rows. Cast off rem 21 (26, 31) sts.

continued



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continued

Cardigans

Left front: With two strands of yarn and larger needles, cast on 37 (42, 47) sts. *Row 1:* * K 3, p 2. Rpt from * to last 11 sts; ending k 1, (p 1, k 1) 5 times. *Row 2:* (P 1, k 1) 5 times; p 1, * k 2, p 3. Rpt from * across. These 2 rows make up pat. Work even in pat as established until total length measures 15 (15½, 16) inches, or desired length to underarm, ending with Row 2.

Armhole shaping: Cast off 5 (5, 5) sts at beg of next row; work 1 row even. *Next row:* Dec 1 st at beg of row; complete row. *Following row:* Work even. Rpt last 2 rows twice more—21 (26, 31) sts. Work even until total length past beg of armhole measures 4 (4½, 4½) inches, ending at front edge.

Neck shaping: Cast off 13 (13, 13) sts at beg of next row; complete row. Work one row even. Cast off 2 sts at neck edge once. Dec 1 st at same edge every other row 1 (2, 3) times—7 (9, 13) sts. Work even until total length past beg of armhole measures 6 (6½, 7) inches, ending at armhole edge.

Shoulder shaping: Cast off 7 (7, 7) sts; complete row. Work one row even. *Sizes Medium and Large only:* Cast off rem 0 (2, 6) sts.

Right front: Work as for Left Front, reversing pats and shaping.

Sleeves: With two strands of yarn and larger needles, cast on 28 (33, 38) sts. Work in pat, inc 1 st at both ends every inch 7 times—42 (47, 52) sts. Work even until total length measures 18 (18, 18½) inches, or desired length to underarm.

Armhole shaping: Cast off 5 (5, 5) sts at beg of next 2 rows. Dec 1 st at both ends every other row until total length measures 4½ (4½, 4½) inches past beg of armhole. Cast off 2 sts at beg of next 4 rows; cast off rem sts.

Pocket (make 2): With two strands of yarn and larger needles, cast on 18 (18, 18) sts. Work even in pat until total length measures 4½ (4½, 4½) inches. Work in k 1, p 1 ribbing for 1 inch; cast off *loosely* in ribbing.

Collar: With two strands of yarn and smaller needles, cast on 27 (27, 27) sts. Work in k 1, p 1 ribbing, *and at the same time* cast on 14 (14, 14) sts at beg of next 4 rows—83 (83, 83) sts. Work even in ribbing until length past last

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inc row measures 4½ (4½, 4½) inches; cast off *loosely* in ribbing.

Toggle loops (make 3): With single yarn and crochet hook, ch 36 (36, 36). Sl st in 2nd ch from hook and in each ch across. Fasten off, leaving an end for sewing. Join ch to form circle. With joining at center, tack tog to form a figure eight.

Finishing: Sew side and shoulder seams. Set in sleeves. With center back of collar at center back of neck, sew collar in place, leaving 5 (5, 5) sts free at each front edge.

Sew on pockets even with bottom edges. Sew buttons on the p sts, leaving the k 1, p 1 sts free. Position the uppermost pair of buttons flush to neck edge; space remaining two pairs evenly. Sew on toggle loops.

Man's cardigan, page 133

Instructions are for Size Small (40); changes for Medium (42) and Large (44) follow in parentheses. (See note below on Chest measurements.)

Materials: Lion Brand 100 percent knitting worsted wool *or* Lion Brand "Pamela" knitting worsted acrylic yarn (4-oz. skeins): 10 (10, 11) skeins #109 Colonial Blue; Sizes 10½ and 11 knitting needles, or sizes to obtain gauge given below; Size H aluminum crochet hook; eight toggle buttons.

Gauge: With larger needles over pat st, 4 sts = 1 inch.

Chest measurements: 40 (42, 44) inches.

Instructions:

Note: Cardigan is worked with double strands of yarn throughout. *Pattern stitch: Row 1:* K 3, * p 2, k 3. Rpt from * across. *Row 2:* P 3, * k 3, p 3. Rpt from * across. These rows make up pat.

Back: With two strands of yarn and larger needles, cast on 78 (83, 88) sts. Work even in pat until total length from beg measures 18 (18½, 19) inches, or desired length to underarm.

Armhole shaping: Cast off 5 (5, 5) sts at beg of next 2 rows. Dec 1 st at both ends every other row 3 times—62 (67, 72) sts. Work even until total length past beg of armhole measures 9 (9½, 9½) inches.

Shoulder shaping: Cast off 5 (5, 5) sts at beg of next 2 rows; cast off 5 (5, 6) sts at beg of next 2 rows; cast off 5 (7, 8) sts at beg of next 2 rows. Cast off rem 32 (33, 34) sts for back of neck.

Left front: With two strands of yarn and larger needles, cast on 43 (48, 53) sts. *Row 1:* * K 3, p 2. Rpt from * to last 13 sts; ending k 1, (p 1, k 1) 6 times. *Row 2:* (P 1, k 1) 6 times; p 1, * k 2, p 3. Rpt from * across. These 2 rows make up pat. Work even in pat as established until total length measures 18 (18½, 19) inches, or desired length to underarm, ending with Row 2.

Armhole shaping: Cast off 5 (5, 5) sts at beg of next row; complete row. *Next row:* Dec 1 st at beg of row; complete row. *Following row:* Work even. Rpt last 2 rows twice more—35 (40, 45) sts. Work even until total length past beg of armhole measures 5¼ inches, ending at front edge.

Neck shaping: Cast off 14 (14, 14) sts at beg of next row; complete row. Work one row even. Cast off 2 sts at neck edge once. Dec 1 st at neck edge every other row 4 (7, 7) times—15 (17, 22) sts. Work even until total length past beg of armhole measures 9 (9½, 9½) inches, ending at armhole edge.

Shoulder shaping: Cast off 5 (5, 5) sts; complete row.

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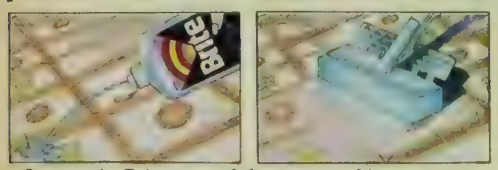
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continued

Cardigans

Work one row even. Cast off 5 (5, 6) sts at beg of next row; work one row even. Cast off 5 (7, 8) sts at beg of next row. *Size Large only:* Cast off 3 rem sts. *All sizes:* Fasten off.

Right front: Work as for Left Front, reversing all pats and shapings.

Sleeves: With two strands of yarn and larger needles, cast on 33 (38, 43) sts. Work in pat, inc 1 st at both ends of every 10th row, keeping to pat—53 (58, 63) sts. Work even until total length measures 19 (19, 19½) inches, or desired length to underarm.

Armhole shaping: Cast off 5 (5, 5) sts at beg of next 2 rows. Dec 1 st at both ends every other row until total length past beg of armhole measures 2½ inches. Dec 1 st at both ends of every row until length past beg of armhole measures 5½ inches. Cast off 2 sts at beg of next 4 rows; cast off rem sts.

Pocket (make 2): With two strands of yarn and larger needles, cast on 23 (23, 23) sts. Work even in pat until total length measures 5½ (5½, 5½) inches. Work in k 1, p 1 ribbing for 1 inch; cast off *loosely* in ribbing.

Collar: With two strands of yarn and smaller needles, cast on 27 (27, 27) sts. Work in k 1, p 1 ribbing, *and at the same time* cast on 14 (14, 14) sts at beg of next 4 rows— 91 (91, 91) sts. Work in ribbing as established until length past last inc row measures 5 (5, 5) inches; cast off *loosely* in ribbing.

Toggle loops (make 4): With single yarn and crochet hook, ch 38 (38, 38). Sl st in 2nd ch from hook and in each ch across. Fasten off, leaving an end for sewing. Join ch to form circle. With joining at center, tack circle tog at center to form a figure eight.

Finishing: Sew side and shoulder seams. Sew in sleeves. With center back of collar at center back of neck, sew collar in place, leaving 6 (6, 6) sts free at each front edge.

Sew on pockets even with bottom edges. Sew button on the p sts, leaving the k 1, p 1 sts free. Position the uppermost pair of buttons flush to neck edge; space rem three pairs evenly. Sew on toggle loops.

How to care for hand knits

Usually the best source of care information is the yarn package label. It should state the fiber content and provide blocking information and directions on how to wash crocheted or knitted garments. If there are no directions on the label, or if it has been misplaced, there are a few guidelines for washing handmade garments.

If the garment is created with acrylic yarns, it is most likely machine washable. But if the garment is finely worked, it should be dry-cleaned.

To wash a garment by hand, immerse it in warm water and some mild detergent. Gently work the suds into the fibers. If the garment is badly soiled, you may want to soak it for 15 to 30 minutes. Then rinse it clean with warm water. With the garment at the bottom of a sink, firmly press the excess water from the garment instead of wringing the water out. Wringing can cause distortion. Lay the garment out on a layer of towels, pin it to size, and let it dry away from heat or light.

Wool garments may be hand washed similarly. Wool does not generally shrink unless water temperature changes from hot wash to a cold rinse.

Selecting Stairway Carpet

When it comes to carpeting heavily traveled stairways, it pays to buy the best you can afford. Here are some helpful tips.

Fiber performance

Fiber content not only largely determines the abrasion and soil resistance of carpet, but its appearance and "hand" (feel) as well.

Wool carpet is naturally resilient, has a soft hand, and is soil resistant. It's also the most expensive carpet.

Nylon is the strongest of the synthetic fibers and is even more abrasion resistant than wool. Nylon carpet is also highly resistant to soiling.

Polyester carpets, if they're made with heat-set twists, have high abrasion resistance and a soft hand. Carpet made of polyester fibers is also easily cleaned and costs less than nylon.

Polypropylene/olefin is another example of a synthetic fiber with high abrasion resistance. Carpet made with this fiber is easy to clean and is less expensive than nylon carpet of comparable quality and density.

Construction qualities

Carpet with a dense low pile of tightly packed loops is well suited to stairway use. It conceals footprints and soil, wears well, and has good sound-absorbing qualities.

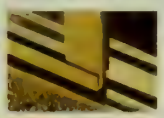
Cut pile carpeting made with heat-set twisted yarns is another good choice for stairway use. Firm-textured twists indicate the best quality carpet.

Not recommended for stairway use are shag carpet (carpet with a loosely woven tufted pile that's more than one inch in height) and sculptured carpet with both cut pile and looped yarns. The carpet backing may show through on the edges of stair treads.

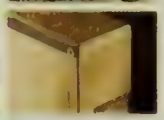
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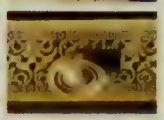
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FAVORITE FAMILY VACATIONS FOR FALL

What's the perfect autumn vacation? Opinions vary, of course, but through the years certain types of vacations have endured to earn the status of "classic." These vacations have attracted American families for generations and are still going strong. This month, we've singled out four of the best time-tested family vacations and explored their unique appeal. Like America itself, our autumn vacation selections are a melting pot of styles, geographical locations, and prices. But varied though they are, all four of these adventures have certain things in common: a special affinity with America's past and a relaxed pace that's particularly well-suited to savoring the fleeting pleasures of fall. Yet, each one is lively enough in its own right for the whole family to enjoy.



Photograph: Thomas Neill/Old Sturbridge Village

Getting acquainted with the past is what historic settlements like Old Sturbridge Village are about.

The rolling autumn-tinged Berkshire foothills of southern Massachusetts set the scene for our first vacation adventure—a visit to an intriguing re-created village right out of 19th-century New England. Turning back the clock is a delight there. Then, it's off to the heartland and an outing to one of the many happy harvest celebrations that are fall traditions in that part of the country. In the West, two of the nation's fine old classic resorts along the sunny Southern California coast provide the setting for splendid stay-put autumn vacationing. And finally comes an away-from-it-all adventure in the Pacific Northwest. The spot we picked is a charming old high-country lodge, surrounded by the fall splendors of the Cascade Mountain Range.

HISTORIC SETTLEMENTS

Massachusetts' Old Sturbridge Village

Wherever you travel in the northeast, you're never far from the past. A fascinating collection of restored and re-created villages dot the landscape from New Hampshire to Virginia. The common pleasure of visiting these settlements is stepping back in time to ponder your heritage and to experience treasured traditions of days gone by.

The village that wasn't

Among the most intriguing and ambitious of these communities is Old Sturbridge Village amid southern Massachusetts' rolling Berkshire foothills. Surprisingly enough, this rural 19th-century New England settlement was never a real village at all. The 40 or so structures that make up the village were moved to this 200-acre bucolic setting from all over New England. A Connecticut gristmill, for example, now neighbors with a one-room school from New Hampshire.

Throughout the village, life goes on today as it might have five or six generations ago. At the center of things is the village green, surrounded by shops, homes, and other buildings in a pleasing mishmash of authentic architectural styles that spans the new republic's first 50 years. As you meander the tree-covered lanes, you'll discover all the essential structures for community life 150 years ago—a quaint steepled church and clapboard meeting house, a bank and a law office, even a general store where you can still sample "penny candy," and a bakehouse where molasses and hobnail cookies roll out of the oven (just follow the enticing aromas that float through the air).

Inside most of the buildings, friendly interpreters in period dress demonstrate (year round) all-but-forgotten skills like shoemaking, weaving, tinsmithing, pottery making, spinning, and candle dipping. You'll gain a new appreciation of long-ago times as you watch broadsides

continued

Massachusetts' Old Sturbridge Village

being pulled from an ancient handpress at the printing office or observe master craftsmen demonstrating their skills in the cabinet shop. The Salem Towne house, decorated with fine antiques, deserves a lingering visit, too. Furnishings for the homes and shops come from all over New England.





Photographs: Donald Eaton/Old Sturbridge Village

Quilting is just one of the skills demonstrated at Old Sturbridge Village, bedecked with color in fall.

The farm down the lane

One of the most popular areas of the village is the 100-acre Pliny Freeman Farm, where the land is worked and the chores are done according to yesterday's ways. To get there, take a pleasant half-mile stroll along a country lane. The business of getting ready for winter—harvesting, fence mending, wood chopping, canning, preserving, and such—takes priority in fall, but every season brings special events and activities. One surefire attraction for youngsters is exploring the barnyard. The animals there have been "bred back" to more closely resemble livestock of early New England.

Before jumping aboard the big rumbling wagon for a ride back to the center of the village, stop by the blacksmith's shop, where the sparks fly and coals glow to the breath of the bellows. And if time permits, pause at the farmhouse to see what's going on in the big, cheery kitchen. Most likely the cooks will be preparing something delicious from an original "receipt." Then, just lean back behind the proud team of harnessed farm horses and savor the autumn scenery.

A late fall happening

Of course, Thanksgiving Day is a highlight of the village's fall season and to mark the occasion, a special package is offered, including dinner and admission to the village ($24 per adult, $14 for kids under 15). You'll feast in the rambling village Tavern on a traditional three-course New England dinner featuring oyster bisque, fresh vegetables, turkey stuffed with country sausage, piping hot corn bread, homemade relishes, and mince or pumpkin pie. The Tavern also serves a buffet of New England specialties (under $7; daily Memorial Day till the end of October and on weekends in November, December, and May). The Tavern's cafeteria is open daily, too, and picnickers are always welcome to spread out their own lunches on the village grounds (tables provided).

Area exploring

Reserve some time during your Sturbridge outing for backroads exploring. This scenic section of New England is at its colorful best in fall. Two stops the whole family is sure to enjoy are the Sturbridge Auto Museum, which houses a variety of fascinating vehicles, and the nearby Fairbanks Doll Museum, stocked with dolls and accouterments dating back to the 1830s.

For overnighting in the area, there are dozens of convenient lodgings, along with camping. Convenient nearby campgrounds include Jellystone Park, about a mile from the village ($9.75 a night per family), and Mashapaug Park, about three miles south of Old Sturbridge ($6.50 a night double).

Two excellent choices among accommodations are the Old Sturbridge Village Motor Lodge, which itself looks like a 19th-century community, just a short walk from the village (doubles $35), and the Publick House, an authentic old inn decorated in period style ($40 double). Even if you don't spend the night, plan at least one meal at the Publick House, where specialties include lobster pie, Indian pudding, and home-baked sticky buns. Breakfast in front of the hearth in the Tap Room there is especially cozy on brisk autumn mornings.

More Old Sturbridge specifics

Old Sturbridge Village is open daily April 1 through October 31; closed Mondays November 1 through March 31. Admission is $6 for adults, $2.50 for children age six to 15, younger kids get in free.

The village is located about an hour's drive west of Boston and Providence. Peter Pan Bus Lines offers day trips and longer junkets from Boston, Worcester, and Springfield.

For more details about Sturbridge, contact Roxanne Smith, Coordinator for Special Events, Old Sturbridge Village, Sturbridge, MA 01566. For area information, write Greg Dawson, Worcester Area Convention and Visitors Bureau, Worcester, MA 01608.

(To find out about other historical villages that make splendid fall family outings, see page 196.)

continued

KODAK INTRODUCES

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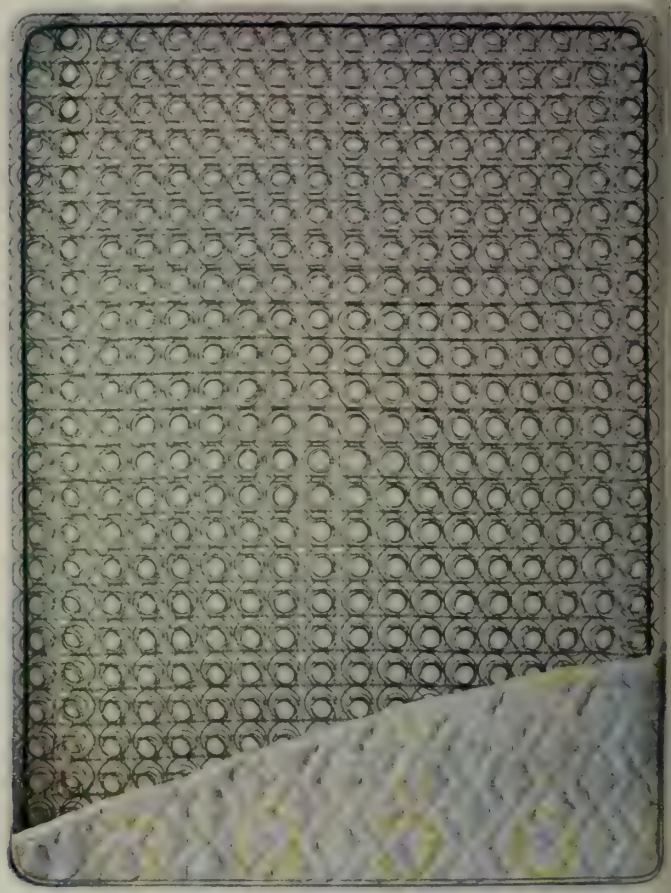


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Another leading mattress. Outer covering removed to reveal attached springs.



Compare the inside of a Beautyrest mattress to the inside of another leading mattress. They cost about the same but they look different, don't they? That's because Beautyrest *is* different.

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Ohio's Pumpkin Show

All across the country's midlands, the crisp breezes and hazy sunshine of Indian summer signal harvest festival time. These friendly, folksy celebrations have been part of the autumn ritual almost since the arrival of the first settlers.



Photograph Ohio Office of Travel and Tourism

Pumpkins everywhere and friendly hospitality are main ingredients of Ohio's Circleville Pumpkin Show.

Special pumpkin affair

One of the most colorful and unusual harvest festivities unfolds every year in Circleville, a quiet, tree-shaded old town 25 miles south of Columbus, Ohio. For four days in October (15 through 18 this year) the pumpkin is king at the Circleville Pumpkin Show. The rollicking celebration is a pleasant combination of country fair, street carnival, and Oktoberfest that transforms Circleville into a pumpkin wonderland.

Pumpkins of all shapes, shades, and sizes are everywhere. A mammoth eye-popping pumpkin pyramid stretches through downtown. Some specimens weigh in at over 300 pounds and are carefully moved into place on tarpaulins to avoid bruises. You can view prizewinning pumpkins, like the 369½-pounder that took top honors last year, and buy black and orange T-shirts emblazoned with pumpkin faces. Signs proclaiming "Pumpkin Fever" wave from the storefronts, and "the great carver" creates masterful pumpkin faces with his knife and paint.

In downtown Circleville, which has a charming Victorian flavor, four square blocks are taken over by a huge midway. There are rides of every description and booths brimming with every kind of pumpkin "delicacy"—from pumpkin pie to pumpkin waffles and pancakes, brittle and fudge, doughnuts, ice cream, even pumpkinburgers. Sampling the treats is great fun, and so is chatting with the friendly folks who work in the stands. Some are second- and third-generation "Circlevillers," whose families have been part of the festival since it began over 75 years ago.

Every day a good one

You'll have a full agenda regardless of when you visit during the Pumpkin Show. Some seven different parades are scheduled, including one strictly for babies. Platoons of twins, boys under one year, girls under two, etc., roll down the streets in their carriages and strollers—many elaborately decorated with pumpkin themes. In between the waves of youngsters come the bands, floats, marching Scouts, Brownies, and swarms of drill teams. Television news helicopters wheel overhead, and flashbulbs wink among the crowds lining streets along the route.

The celebrating wouldn't be complete without the Little Miss Pumpkin and Big Miss Pumpkin contests, egg-throwing and hog-calling competitions, and the pumpkin-pie-eating extravaganza. It's easy to spot the sticky-faced winners among the crowds on pie-eating day.

If you're a Pumpkin Show first-timer, you're bound to be astounded by the enthusiasm the celebration generates. Often more than 100,000 visitors a day roll into this town of about 14,000. In fact, the crowds themselves have become an intriguing part of the festivities.

Since the Pumpkin Show is strictly a down-home affair, almost everything is either made or produced locally. The absence of high-powered events and big-name entertainers doesn't detract from the fun, especially since most of what there is to do and see is free. And when neighbors square off in the contests and competitions, you can bet it's pride—not prize money—that's really at stake.

If you want to take a few minutes out from the frenzy, stroll the two-block section of Court Street adjacent to downtown. It's lined with gracious old mansions, some dating back to the 1830s when Circleville was a prosperous manufacturing town nourished by the Ohio Canal. There's also a museum that honors vaudevillian Ted Lewis, the town's most famous son. A battered top hat and cane mark Lewis' grave in Forest Cemetery.

Pumpkin Show particulars

Accommodations in Circleville include five motels (all roughly in the range of $20 to $30 a night double). But they're usually booked up well in advance of show time. You should have no trouble locating lodgings in nearby towns like Chillicothe, about 30 miles south, and Lancaster, 20 miles northeast. The Columbus area, of course, offers a variety of accommodations as well.

For close-by camping, there's woodsy Marion State Park, Airy Acres Campground, and Deer Creek State Park. The Pickaway County Fairgrounds also opens up for campers during the celebration.

To get more details about the festival, contact Ned Harden, Circleville Pumpkin Show Inc., Box 228, Circleville, OH 43113. For information about other area attractions, write Stuart Bernstein, Ohio Office of Travel and Tourism, Box 1001, Columbus, OH 43216.

(See page 196 for information about more of the country's best autumn harvest festivals.)

continued

California's Hotel Del Coronado and Santa Barbara Biltmore

An assortment of resorts across the country have established a style and character all their own over the years. In fact, most vacationers choose these hostelries as much for their ambience as for their recreation options. Two such classics bask in the sun along the beaches of Southern California. Both harken back to colorful bygone times: The Hotel Del Coronado recalls the opulence of nearly a century ago, and the Santa Barbara Biltmore is right out of the glittering 1920s.



Photograph: Walter Houk



Photograph: Hal Boucher

The Del Coronado (top) *and the Santa Barbara Biltmore* (bottom) *each have a unique vacation style.*

Hotel Del Coronado

Hotel Del Coronado is a romantic five-story wood extravaganza looming over the sand spit that separates the Pacific from the San Diego Bay. It's the kind of grand old hotel where movies are made and heads of state vacation.

The style and atmosphere of the Del Coronado remain high Victorian. The hotel's fanciful red-topped turrets resemble castle towers, and the richly paneled lobby adorned with antiques and chandeliers makes you feel you've traveled back in time. Horse-drawn carriages at the door and parasoled ladies on the esplanade would hardly seem out of place.

For all its yesteryear splendor, the Del Coronado is a mecca for today's action-minded vacationers. Guests head for the tennis courts (lighted for night play), the beach, two giant-sized pools, or the nearby championship links. Biking is perfect on the resort grounds and around the little town of Coronado. Just down the street, you can rent a craft and put out to sea.

Accommodations come in several varieties. Landward rooms in the stately original hotel are the least expensive. Or you can splurge on lodgings with a sea view or choose a room in one of the modern new wings with sand and surf at the door. Rates start at about $50 double, $12 extra per child.

The hotel can arrange tours and/or transportation for outings to nearby San Diego (ten minutes away). Among the best stops are the colorful waterfront, including harbor boat tours, and Old Town. Take time for a visit to the super zoo and the museums in the World's Fair palaces of Balboa Park, too. You also can bargain the day away in Tijuana, less than a half hour south.

For more hotel details, write Don Larson, Public Relations Director, Hotel Del Coronado, Coronado, CA 92118. For area information, write Gerry Goodrum, Public Relations Manager, San Diego Convention and Visitors Bureau, 1200 Third Avenue, Suite 824, San Diego, CA 92101. Major airlines and Amtrak serve San Diego. Limousines run between the hotel and the airport (about $3.50).

Santa Barbara Biltmore

The legendary Santa Barbara Biltmore resembles an elegant Spanish colonial estate in an incomparable setting: tropical gardens backdropped by towering peaks and fronting a seaside landscape laced with immense cypress and eucalyptus trees. And just as captivating as the scenery is the luxurious atmosphere. In fact, vacationing at the Biltmore is like staying with wealthy friends and enjoying a continuing house party.

On the outside, the Biltmore is a glistening white stucco structure punctuated by red tile rooftops. Inside, beamed ceilings and tile corridors in the main hotel lead to a broad patio and a formal dining room beyond. Rooms in the hotel's two-story wings are spacious, and there are outlying cottages (with fireplaces and sometimes kitchens) for those who want more privacy. Rates start at $70 a day double ($10 extra for a rollaway if a youngster shares your room).

Besides a pool and the beach, recreation facilities at the Biltmore per se are somewhat limited. But almost every activity imaginable, including golf, tennis, and horseback riding, is a short stroll away (transportation also is provided by the hotel).

One of the best things about staying at the Biltmore is exploring nearby Santa Barbara. The downtown and Old Santa Barbara, with its outstanding Spanish architecture, are mapped out on a walking tour. The city's beach-front park is splendid for biking (rentals available). Another junket might take you to the charming old Santa Barbara Mission and on up Mission Canyon to the natural history museum and botanical garden. The hotel can help arrange transportation.

For more information, contact John Benz, Director of Marketing, Marriott's Santa Barbara Biltmore, 1260 Channel Drive, Santa Barbara, CA 93108, and Ronald A. McGurer, Director, Santa Barbara Convention and Visitors Bureau, Box 299, Santa Barbara, CA 93102. Amtrak and United Airlines, along with commuter air carriers, serve Santa Barbara. There's limo service between the hotel and the airport (about $5).

(See page 196 for additional classic vacation resorts.)

continued

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Carlton Box—
lowest of all brands.
Less than
0.01 mg. tar,
0.002 mg. nic.

Carlton 100's Box—
lowest of all 100's.
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Box: Less than 0.01 mg. "tar", 0.002 mg. nicotine; 100's Box: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette by FTC method.
Soft Pack: 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack: Less than 6 mg. "tar", 0.5 mg. nicotine av. per cigarette, FTC Report Dec. '79.

Polly Flinders knows that keeping a party dress clean...is no party.

That's why they trust washing the All-Temperature Cheer® way.

Little girls never seem to get tired of wearing their favorite dresses. And Polly Flinders makes their hand-smocked dresses with just that in mind. They use only durable permanent press fabrics. And they want them washed in the right water temperature. That's why Polly Flinders trusts washing the All-Temperature Cheer way.

Cheer does a great job of cleaning in all three temperatures—hot, warm, and cold. Cheer and hot to clean your whites. Warm for your permanent press. And Cheer is great in cold to clean bright colors. But Cheer does more. It even contains a special ingredient that helps reduce wrinkling.

In fact, Polly Flinders thinks washing right is so important, they're sewing a special care label inside every dress. It will approve the use of All-Temperature Cheer, and remind you to wash in the right temperature.

Cheer. It's three temperatures, one detergent. Because the kind of clean you get with All-Temperature Cheer can help your little girl to always look her Sunday best.



All-Temperature Cheer.
Cleans in the right temperature
hot, warm, or cold.

Oregon's Timberline

In the decades prior to World War II, the country's finest wilderness lodges took shape—many as Depression make-work projects. Some of those great stone and timber fortresses have since succumbed to fire, but others remain marvelously intact, usually in national and state parks and forests that have scarcely changed since the lodges were built.



Photograph Richard Kohnstamm



Photograph McKinney FPG

Grand old Timberline Lodge and the fall-colored Cascades make an unbeatable vacation combination.

A lofty stronghold

One of the best and easiest to reach of these lodges is Timberline, which resembles a Bavarian stronghold perched above low clouds on the shoulder of Oregon's Mt. Hood. Everything about this Cascade Mountain retreat is enormous, though the commanding scenery in every direction helps put the lodge's proportions in perspective. An almost endless sea of evergreens stretches to the south. Towering snowcapped peaks break the horizon, and snowfields and glaciers loom 5,000 feet up behind the lodge to Mt. Hood's summit.

Fall is an especially appealing time to visit Timberline. Colorful autumn leaves blaze against the evergreens. The air is crisp with approaching winter, and there's the scent of wood smoke on the wind.

But Timberline, a Works Project Administration (WPA) venture during FDR's time, is more than an alpine retreat. It's a mellowed monument to the creativity of artists and craftsmen. Furnishings were shaped from native hardwoods, strap iron, and rawhide. Giant supporting timbers were formed with adz and broadax. Beams and wooden friezes are adorned with ornately carved creatures fashioned by skilled hands. And even though two generations of vacationers have come and gone since, many of these original features remain.

Beyond the lodge

Timberline's spectacular setting adds to the vacationing pleasure. Dozens of hiking trails crisscross the surrounding national forest, beginning just below the lodge (get maps at local Forest Service headquarters). Close-by alpine lakes and streams tempt anglers.

Mt. Hood also ranks as the world's second most frequently scaled glacial peak. If you've climbed before, you won't find conquering Mt. Hood particularly difficult, but it's not recommended for novices (gear is for rent). For an easier adventure, ride the scenic chair lift to the 7,000-foot level (afternoons only). Timberline guests also are welcome for golf and tennis at Bowman's Resort, less than 20 miles west.

Scenic day trips

Several scenic drives may lure you from Timberline for the day. If the weather is warm, take a picnic along.

Awesome Columbia Gorge lies just north of Mt. Hood. Follow State-35 to the apple-raising community of Hood River. Then turn west along I-84, which runs through the gorge. Fall color is usually at its prime the first couple of weeks in October.

Schedule a stop at Bonneville Dam, where salmon climb the fish ladders in September and October, heading upstream to spawn. Beyond, feathery waterfalls shower plumes of spray down walls of the gorge. Multnomah Falls is a favorite lunch stop. From there, continue through the gorge and return via Portland (approximately 160 miles round trip) or retrace your route along the Hood River.

The Warm Springs Indian Reservation borders Mt. Hood to the south, along US-26. Take the backroad via Simnasho and Warm Springs to view little reservation towns. You'll enjoy lunch at the Indian-run resort, Kah-Nee-Ta. If you just want to meander through the forest, try Skyline Road, south of the lodge. But wherever you wander, the best part of any excursion is returning to Timberline—to savor the alpenglow as the sun disappears and to cozy around a mesmerizing log fire.

Besides offering timbered guest rooms—many overlooking the "world's rim"—Timberline has an excellent dining room, a cafeteria, lounges, and a heated pool. Doubles range from $38 for a small room with bath to $69 for a large room with fireplace ($8 per extra person). Packages also are available.

For more details about the lodge, write Timberline Lodge, Government Camp, OR 97028. For additional area information, contact Travel Information, 101 Transportation Building, Salem, OR 97310.

Portland, about 60 miles west, is served by major airlines and buses, along with Amtrak. You can reach the little settlement of Government Camp by bus (arrange for shuttle service direct to Timberline from there when you make lodge reservations).

(See page 196 for information about other wilderness lodges where you can enjoy autumn vacations.)

continued

More historic settlements

- **Strawberry Banke** (Hancock and Marcy Streets, Portsmouth, NH 03801).
- **Hancock Shaker Village** (Box 898, Pittsfield, MA 01201).
- **Plimoth Plantation and Mayflower II** (Box 1620, Plymouth, MA 02360).
- **Mystic Seaport** (Public Affairs, Mystic Seaport Museum, Mystic, CT 06355).
- **Farmers' Museum and Village Crossroads** (Cooperstown, NY 13326).
- **Genesee Country Museum** in Mumford, New York (Box 1819, Rochester, NY 14603).
- **Old Bethpage village restoration** (Round Swamp Road, Bethpage, NY 11804).
- **Waterloo Village Restoration** (Stanhope, NJ 07874).
- **Old Economy Village** (14th and Church Street, Ambridge, PA 15003).
- **Colonial Williamsburg** (Box C, Williamsburg, VA 23185).
- **Lincoln's New Salem** (New Salem, IL 62659).
- **Shakertown at Pleasant Hill** (Route 4, Harrodsburg, KY 40330).
- **Greenfield Village** (20900 Oakwood, Dearborn, MI 48121).

More harvest festivals

This list includes several good harvest celebrations, but there are many more. Write the state travel bureau (in care of the state capitol) in any state you're interested in.

- **Sept. 19-21**—National Pecan Festival (Albany Chamber of Commerce, Box 308, Albany, GA 31702).
- **Sept. 19-21**—La Crescent Apple Festival (Curt Murray, Box 65, La Crescent, MN 55947).
- **Sept. 25-28**—Louisiana Sugar Cane Festival (Robert Miranda, Box 675, New Iberia, LA 70560).
- **Sept. 26-Oct. 12**—Chrysanthemum Festival (Chamber of Commerce, 81 Main Street, Bristol, CT 06010).
- **Sept. 28-Oct. 4**—Orange County Pumpkin Festival (Bob Monday, Spring's Valley Exchange Club, Box 41, West Baden, IN 47469).
- **Oct. 3-5**—Bloomfield Apple Festival (Jeff Emery, 137 North Harrison, Bloomfield, IN 47424).
- **Oct. 4**—Apple Festival of Johnson County (Janet Garland, Box 631, Paintsville, KY 41240).
- **Oct. 4-5**—Bayfield Apple Festival (Bayfield Chamber of Commerce, Box 138, Bayfield, WI 54814).
- **Oct. 4-5, 11-12**—Apple Harvest Festival (Gettysburg Travel Council, 35 Carlisle Street, Gettysburg, PA 17325).
- **Oct. 4-12**—Southington Apple Harvest Festival (Southington Chamber of Commerce, 7 North Main Street, Southington, CT 06489).
- **Oct. 11-21**—Arkansas Rice Festival in Weiner, Arkansas (Jonesboro Chamber of Commerce, Jonesboro, AR 72401, or Box 307, Weiner, AR 72479).
- **Oct. 11-25**—National Peanut Festival (John T. Powell, Box 976, Dothan, AL 36301).
- **Oct. 15-19**—Texas Rose Festival (Texas Rose Festival Association, Box 390, Tyler, TX 75710).
- **Oct. 18-25**—National Tobacco Festival (3212 Cutshaw Avenue, Suite 302, Richmond, VA 23230).
- **Oct. 28-Nov. 2**—Pumpkin Festival (Carol Schultz, Box 331, Chamber of Commerce, Owatonna, MN 55060).
- **Oct. 31 - Nov. 1**—Louisiana Pecan Festival (Hooker Rhodes, Box 173, Colfax, LA 71417).

More classic resorts

- **Furnace Creek Inn** (Death Valley, CA 92328).
- **The Inn at Rancho Santa Fe** (Box 869, Rancho Santa Fe, CA 92067).
- **La Quinta Hotel, Golf, and Tennis Resort** (La Quinta, CA 92253).
- **La Valencia Hotel** (1132 Prospect Street, La Jolla, CA 92037).
- **The Lodge at Pebble Beach** (Pebble Beach, CA 93953).
- **Arizona Biltmore** (Box 2290, Phoenix, AZ 85002).
- **Camelback Inn** (Box 70, Scottsdale, AZ 85252).
- **The Wigwam** (Litchfield Park, AZ 85340).
- **The Broadmoor** (Colorado Springs, CO 80901).
- **Grand Hotel** (Mackinac Island, MI 49757).
- **French Lick Springs Golf and Tennis Resort** (French Lick, IN 47432).
- **Grand Hotel at Point Clear** (Point Clear, AL 36564).
- **The Cloister** (Sea Island, GA 31561).
- **King and Prince Hotel** (St. Simons Island, GA 31522).
- **Sheraton Savannah Inn and Country Club** (612 Wilmington Island Road, Savannah, GA 31499).
- **Boca Raton Hotel and Club** (Boca Raton, FL 33432).
- **The Breakers** (Palm Beach, FL 33480).
- **The Greenbrier** (White Sulphur Springs, WV 24986).
- **The Homestead** (Hot Springs, VA 24445).
- **Bedford Springs Hotel** (RD 6, Bedford, PA 15522).
- **Weekapaug Inn** (Weekapaug, RI 02891).
- **The Otesaga** (Cooperstown, NY 13326).
- **Mount Washington Hotel** (Bretton Woods, NH 03575).
- **Wentworth-By-The-Sea** (Portsmouth, NH 03801).

Note: Some of these resorts offer packages and off-season rates that can be real money-savers.

More wilderness lodges

Unfortunately, several wilderness lodges close for the season shortly after Labor Day. But here are some that welcome visitors in the fall:

- **The Ahwahnee** (Yosemite Park and Curry Company, Yosemite National Park, CA 95389).
- **Lake Quinault Lodge** (Box 7, Quinault, WA 98575).
- **Keweenaw Mountain Lodge** (Copper Harbor, MI 49918)—closes for the season October 12.
- **Dupont Lodge** (Cumberland Falls State Resort Park, Corbin, KY 40701).
- **Mather Lodge** (Petit Jean State Park, Route 3, Morrilton, AK 72110).



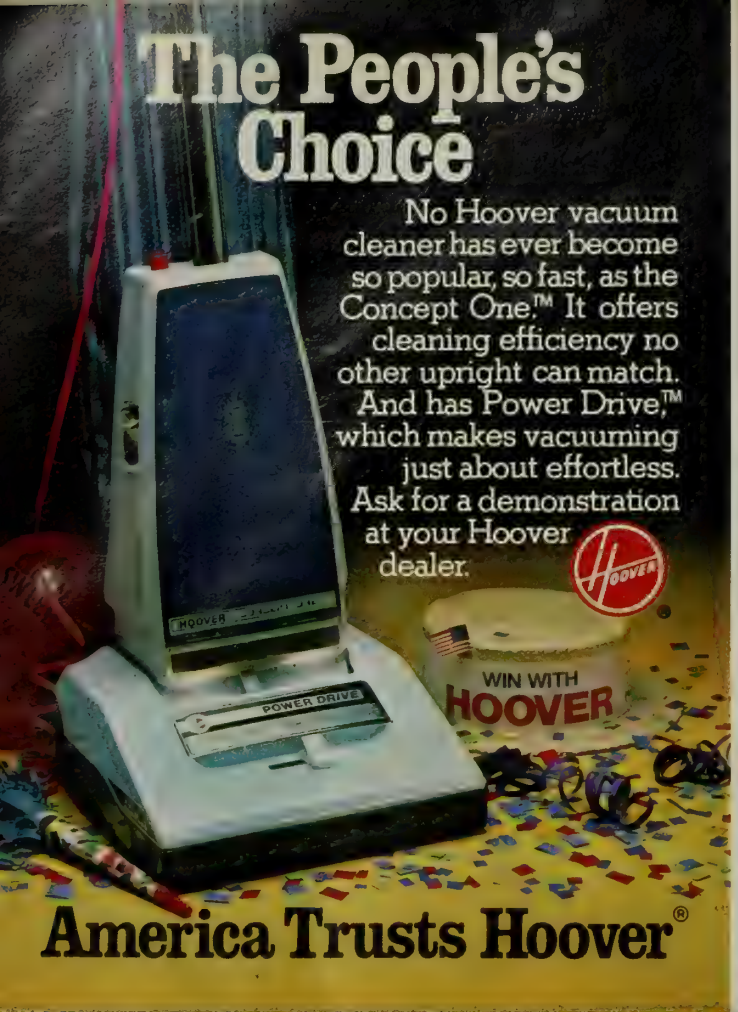
"Sally, you shouldn't have moved–did we have a costume party! The Sawyers came as Tarzan and Jane, the Hannans were Romeo and Juliet, the belly dancer and the sheik turned out to be the Exlers. David and I dressed as our fantasy of each other...Hey, we really missed you." Good friends may move away, but a call invites them back into your life.

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The People's Choice

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America Trusts Hoover®

Clockwise, from the left:

Aluminum stacking steamer With this layered steamer, you can cook an entire meal in one pot. Fill the bottom of the steamer with water, bring it to a boil, and top with one or more steam trays. You can place food directly on the perforated bottom of the steaming trays, or steam the food in a heat-proof serving dish. The domed lid allows condensed steam to run down the sides of the pot, rather than dripping on food directly below.

Steam racks Both of these metal steaming racks are for use with a Chinese wok. Place the rack in the wok, and fill the wok with water to within ½ inch of the rack. Again, use a shallow plate or heat-proof serving dish to hold the food and cover the wok with a domed lid.

Chinese bamboo stacking steamer A bamboo steamer is traditional for steaming anything from spareribs with black bean sauce to delicate custard. The racks sit over boiling water in a wok; the woven lid absorbs excess moisture and keeps food from getting waterlogged.

Collapsible steamer This footed vegetable steamer opens up to fit most saucepans. Place the steamer in the pan, fill with vegetables, and cover tightly. Steam the vegetables over boiling water until they're crisp/tender.

Ceramic steam pot You can cook a wide variety of dishes in this ironstone steamer, then take it directly to the table for serving. Fill a two-quart saucepan with 2-3 inches of water and bring it to a boil. Place the food in the steamer, cover it, and set it on top of the pan. The steam rises through the center funnel and gently cooks the food. BH&G

EQUIPMENT

What's What In Steam Cookers

Steam cookers are becoming a hot item these days, and not just with the health-conscious. Even die-hard vegetable haters are finding that broccoli is tolerable—even tasty—when steam cooked just until tender. And vegetables aren't the only foods that benefit from steam heat; you can steam your entire dinner from appetizers right through to dessert. Here's a rundown of five common steamer types.



Photograph: Mike Dieter

Powerful Running Mate

Here's the perfect second cleaner for every home. The Hoover® Portapower™ picks up dirt, dust and litter with all the power of a full-size Hoover cleaner. Yet it's lightweight, really portable. See America's most powerful compact cleaner-upper at your Hoover dealer.



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Delicious Bran'nola®. The natural way to give your family the blessing of bran™.



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Bran'nola is more than a delicious taste experience. Every bread in the Bran'nola family adds the goodness of bran to your family's diet.

And every Bran'nola bread is freshly baked with natural ingredients – never with artificial preservatives. It's bread with a delicious taste and texture your whole family will love.

Try Bran'nola Hearty Wheat, with a bountiful helping of hearty wheat nuggets. And Bran'nola Country Oat, with a generous serving of tasty rolled oats. Or, delight in Bran'nola Old Style White – a white bread *made with bran!*

But don't forget Bran'nola Original, rich in unprocessed miller's bran and naturally sweetened with golden honey and raisin syrup.

Next time you buy bread, buy bread that's more than just "natural." More than just "wholesome." Insist on Bran'nola.... and give your family a delicious taste experience – right along with the goodness of bran. And isn't that a good feeling?



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Mr. Grocer: Arnold Bakers, Inc. or Oroweat Foods Company will redeem this coupon for 15¢ plus 5¢ handling when terms of this offer have been complied with by you and the consumer on any Bran'nola Bread. Proof of purchase of sufficient merchandise to cover coupons submitted must be shown on request. Sales tax must be paid by the consumer. Void where prohibited, taxed or restricted by law. Not redeemable in Bakery Thrift Stores. Cash value 1/20¢. For redemption of properly received and handled coupons, mail to: Arnold Bakers, Inc. and Oroweat Foods Company, P.O. Box 1455, Clinton, Iowa 52734. **Coupon expires October 31, 1981.**

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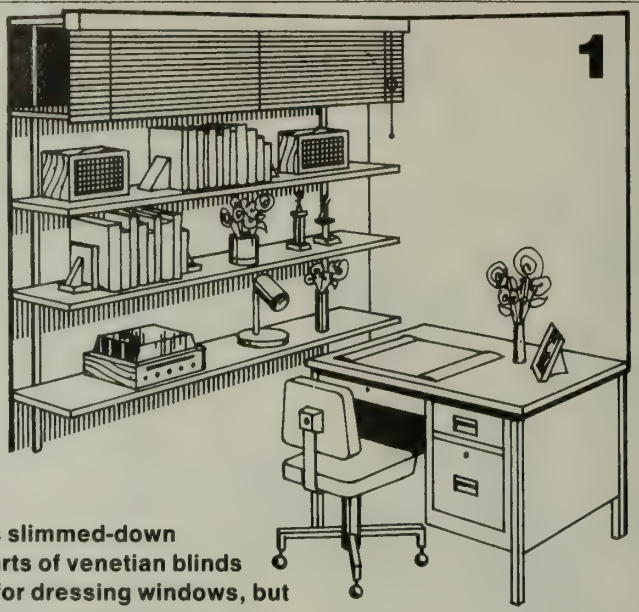




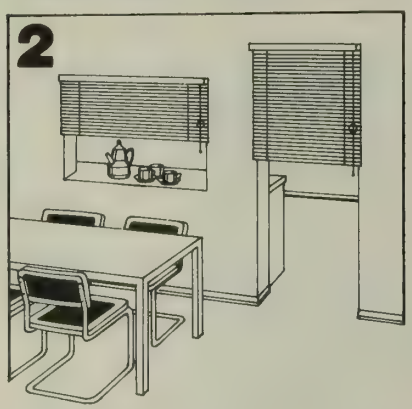
Egg Fu Yung starts with San Francisco's Rice-A-Roni

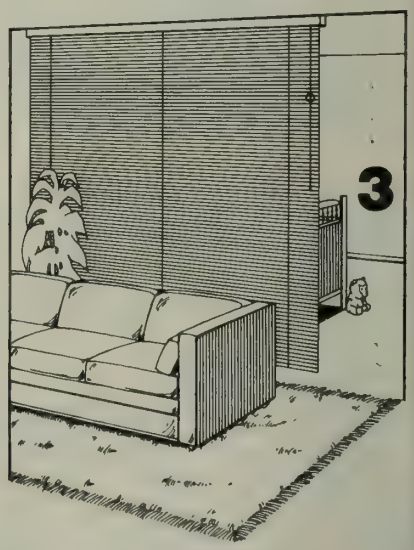
Prepare 1 pkg. Fried Rice-A-Roni according to package directions; cool. Beat 6 eggs with 1 Tbsp. soy sauce, ½ tsp. salt, dash pepper. Stir in cooked Rice-A-Roni, 1 (16 oz.) can drained bean sprouts, ¼ cup sliced green onion. Drop mixture by ½ cupfuls onto greased griddle. Brown on each side. Sauce: combine 2 Tbsp. cornstarch, 2 Tbsp. soy sauce and 2 cups water; cook until thick. Serve over Egg Fu Yung. Serves 4.

Ways to use mini-slat blinds



Today's slimmed-down counterparts of venetian blinds are great for dressing windows, but that's not all. As shown here, mini-slat blinds can cover up a storage area, hide kitchen clutter, and divide a room. Look around your house, and you'll find other uses.





1. Here, a ceiling-mounted mini-slat blind keeps home office clutter under cover. When installed in front of built-in wall shelving, the blind conceals books, files, and stereo equipment and gives the unit a custom-made look.

You can adapt this cover-up idea to almost any size or type of storage. To camouflage a wall-spanning storage space, simply mount two or three mini-slat blinds side by side. Or, to dress up timeworn kitchen cupboards, use mini-slat blinds in lieu of conventional cabinet doors.

2. Mini-slat blinds also can be used to conceal kitchen clutter from dining room view. Here, two custom-fit blinds close off a kitchen doorway and pass-through between cooking and dining areas. To rejoin the two spaces, the mini-slat blinds are simply raised and secured overhead.

3. You can make one room function as two without expensive remodeling when you use mini-slat blinds. Here, a ceiling-mounted blind separates a nursery from the rest of the room while consuming only a tad of floor space.

A control "wand" allows the slats to be adjusted at a touch for light and air regulation. And to reopen space, the blind can be raised and locked at ceiling height.

Drawings: Picard Didier Inc.

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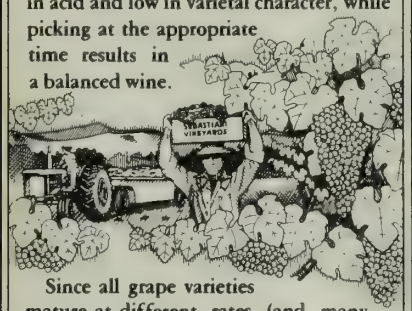




Harvesting the Grapes

In the Sonoma Valley, there is no more festive season than that of the grape harvest. It is also a season of much work and continuous monitoring of the fruit as it nears maturity.

To create fine wines, grapes must be picked at their appropriate sugar levels. Picking too early can result in a wine high in acid and low in varietal character, while picking at the appropriate time results in a balanced wine.



Since all grape varieties mature at different rates (and many elements influence these rates) we can never predict just when a vineyard will be ready – so we must be ready at all times – even if it means picking at night.

Harvesting grapes is hard work and must be done efficiently, carefully and speedily. Our ranch hands are veteran pickers and do excellent work. They are an integral part of our wine-making family. They know that, once picked, the grapes must be moved quickly to the winery so that our winemakers may finish what nature has begun.



Please write for our free monthly newsletter.

Sam J. Sebastiani

Sebastiani
VINEYARDS
EST. 1825

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Capitalize on cottage cheese



Photograph: Dieter

EASY CHEESE AND EGG WEDGES

If you use plain cottage cheese, just add ¼ teaspoon dried snipped chives to the egg mixture—

- 3 beaten eggs
- ½ cup milk
- ¼ cup all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon seasoned salt
- 2 cups shredded Monterey Jack cheese (8 ounces)
- ¾ cup cottage cheese with chives
- ½ of a 3-ounce package cream cheese, cut up
- Tomato wedges
- Parsley sprigs
- Spaghetti sauce, heated (optional)

In small mixer bowl combine eggs, milk, flour, baking powder, and seasoned salt. Beat at low speed of electric mixer or with rotary beater till blended. Add cheeses; beat till mixture is combined. Pour into an ungreased 9-inch pie plate. Bake in a 350° oven for 25 to 30 minutes or till a knife inserted just off-center comes out clean. Top with tomato wedges and parsley sprigs. To serve, cut into wedges. Pass heated spaghetti sauce, if desired. Makes 6 servings.

CREAMY SPINACH LASAGNA

- 6 lasagna noodles
- 1 10-ounce package frozen chopped spinach
- 1 ¾-ounce envelope white sauce mix
- 1¼ cups milk
- 2 tablespoons grated Parmesan cheese
- 1 beaten egg
- 1 12-ounce carton (1½ cups) cream-style cottage cheese
- 4 ounces boiled ham, cut in thin strips
- ½ cup shredded mozzarella cheese (2 ounces)

Cook noodles according to package directions; drain. Cook spinach according to package directions; drain well, pressing out excess liquid. Prepare white sauce mix according to package directions, *except* use the 1¼ cups milk. Stir drained spinach and Parmesan cheese into the white sauce. Combine egg and cottage cheese. In a 10x6x2-inch baking dish, layer *two* of the noodles, trimming as necessary to fit. Spread *half* of the spinach mixture atop. Sprinkle with *half* of the ham strips and spread *half* of the cottage cheese mixture over. Repeat layers, ending with the last two noodles. Cover and bake in a 350° oven for 30 minutes. Uncover; sprinkle with mozzarella. Bake, uncovered, for 5 minutes more. Makes 4 servings.

SHRIMP-COTTAGE CHEESE MOLD

- 2 packages unflavored gelatin
- 1½ cups water

• • •

- 1 12-ounce carton (1½ cups) cream-style cottage cheese
- 1 cup dairy sour cream
- ¾ cup chili sauce
- 2 tablespoons lemon juice
- 8 ounces frozen peeled and deveined shrimp, cooked
- ½ cup finely chopped celery
- 2 tablespoons snipped parsley

In a large saucepan soften gelatin in water; heat and stir over low heat till gelatin is dissolved. Stir in cottage cheese, sour cream, chili sauce, and lemon juice. Chill till partially set (consistency of unbeaten egg white). Meanwhile, split 4 shrimp lengthwise and arrange in the bottom of a 6-cup ring mold. Chop remaining shrimp. Fold into gelatin mixture along with celery and parsley. Turn into mold. Chill till firm. Unmold onto serving plate. Fill center of mold with lettuce and additional cooked shrimp, if desired. Makes 8 servings.

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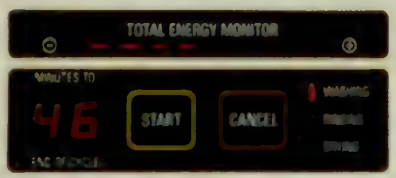
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From storage room to sleep spot

It took a lot of vision to foresee that a 6x12-foot storage room could be turned into a bright and comfortable bedroom. But a smart design from ceiling to floor, and lovely finishing details resulted in this new bedroom that would delight any youngster.



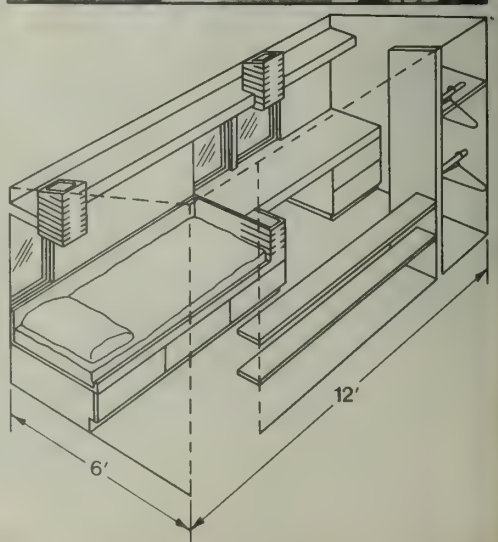
Photographs: Wm. Hopkins. Architect: E. Eugene Young, AIA. Builder: Earl F. Plank. Field editor: Jean Kygar Eblen

Because space was so scant, custom cabinetry was the only way to go, and it paid off in this smart combination of desk, bed, and storage system. The bed and desk are red oak with a natural finish; the desk top is plastic laminate. Three pullout bins below the bed store clothes, plus sports equipment and everything else a child might collect.



Proper lighting is provided by a pair of light boxes cut to match the slope of the ceiling. They provide ample illumination without infringing on precious wall or floor space. At the foot of the bed is another light box, similar to the overhead fixtures. This one faces upward and is topped by a piece of Plexiglas.

A two-foot-wide open closet was built across from the desk, (the tennis racket is leaning against the closet in the photo) and a set of bookshelves was hung on the wall facing the bed. The drawing, *right*, will help you visualize how all the built-ins fit into the tiny bedroom.



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Window shape-ups

Square or rectangular windows come as standard equipment in most newer homes. If you're tired of your run-of-the-mill windows, here are two imaginative ways to shape them more to your liking.

Below: Screens are an almost instant way to make a dull window distinctive. Here ebony and cane shutter panels are hinged together to give the plain window a sleek architectural look. Ebony was chosen to match the dresser, but any wood could be used to create a similar window screen. The frame panels fold back shutter-fashion to provide access to the window.

Design: Sharon Richter



Right: Rather than settle for a standard square window, this homeowner put her wits to work and created a winner. A pair of curved stained-glass windows inspired the new shape. First, panels of striated plywood were cut to the shape of the stained-glass windows, then nailed to the walls over the original windows. After this, the stained-glass windows were set in place. To complete the arched shape, bamboo was split and attached above the center window.



Photograph: Jessie Walker Associates
Design: Georgia Maisel

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¼ cup soy sauce
5 slices fresh ginger
⅓ cup Saffola margarine, melted
1 tsp. Italian seasoning
1 clove garlic, sliced
16 peppercorns

Mix lemon juice, soy sauce, ginger, margarine, Italian seasoning, garlic and peppercorns. Add chicken and marinate at least 4 hours. Bake at 425°F for 30 minutes. Baste and add lemon slices. Bake for another 30 minutes. Serves 4.

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Clothes-cleaning tips

Keeping clothes spotless and fresh is essential to a well-turned-out look, whether you wear designer originals or sew for yourself. To make sure clothes receive the correct care, always check the labels for cleaning instructions.

Dry cleaning

When you take a garment to the dry cleaners, call their attention to any spots by pinning a note to the article. Your cleaner will have a better chance of removing them if he knows what they are. Accessories such as belts should be cleaned along with the garments to ensure color compatibility.

Genuine suede and leather require special processing to preserve finish, feel, and color. Suede should be handled only by cleaners equipped for this type of cleaning.

Polyester knits are more susceptible to shrinkage and snagging than woven goods are. Polyester knits can be stretched back to size and reshaped if you ask for this service. Acrylic knits are inclined to stretch when steamed.

Coin-machine dry cleaning

You can expect satisfying results from a self-service coin-operated dry cleaning machine. You should separate the light-colored fabrics from the dark ones and the fragile from the heavy clothing, and empty all pockets. Clothing should be removed from the machine immediately upon completion of cleaning and placed on hangers to prevent wrinkling.

At-home spot removal

Soap and water are best for stains that dissolve in water, including stains from most foods and drinks, grass, and washable inks. Don't use water on clothes labeled "Dry-clean only."

Cleaning fluids and powders work best on oily, greasy, or waxy stains – including makeup, ball-point ink, typewriter ribbon, cooking oil and grease, motor oil, crayons, and salad oil. Don't use cleaning fluid on clothes labeled "Do not dry-clean." Never use water and cleaning fluid together. Stains should be removed as soon as possible, since the longer they set, the tougher they are to remove. Here are some spot removal steps to follow:

1. Scrape off what you can with your fingernail. Be careful not to rub a wet stain in deeper. Dry stains sometimes can be scraped off completely.
2. Place a white towel under the fabric.
3. Saturate the stained area. For a water-soluble stain, use cool tap water. Hot water will set the stain. Rub the stain lightly with the tip of your finger. Let the water or cleaning fluid rinse the stain through the fabric into the towel. Change the towel's position occasionally so a clean portion is under the stain.
4. If water doesn't loosen a water-soluble stain, lightly rub in liquid detergent with your fingertip. When the stain has rubbed through to the towel, saturate a piece of cheesecloth with water and flush out the detergent. Otherwise a ring will form.
5. Allow the fabric to dry.

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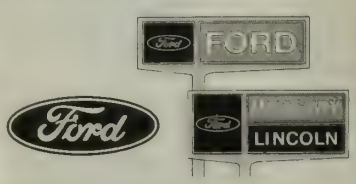
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The Ford Consumer Appeals Board for Northern and Southern California.

TRAVEL west

Judy Crawford
Associate Travel Editor

Exploring Sonoma County Farm Trails

If you can't live in Sonoma County, less than an hour north of San Francisco, the next best thing is to visit. Because of the mild climate and the lay of the land—picturesque valleys squeezed between high hills and miniature mountains—Sonoma County is blessed with a staggering variety of produce. The best known are the valley's grapes, which yield Sonoma County wines, and the Gravenstein apple. Small truck farms dot the county, and harvests of strawberries, cherries, pears, plums, and such are hawked from countless roadside stands.

You can sample Sonoma County's cornucopia on a self-guided map tour, called *Sonoma County Farm Trails.* The best time for the trip is late summer and fall, though most Farm Trails outlets stay open year round.

Start in Sonoma

There are two "must" stops in Sonoma. A tour of the Sebastiani Winery provides a splendid introduction to the area's premium wines. Buy a bottle of Zinfandel and then stroll two blocks west on Spain Street East to the Mission San Francisco Solano and the town's Plaza. Stop at the Cheese Factory there and sample a block of Sonoma Jack.

Your next stop should be Glen Ellen, home of Jack London. The town also has a number of antique shops, and the Valley of the Moon Winery is nearby. If you have time, drive to Jack London State Park to see the museum of the author's memorabilia and the ruins of Wolf House, which was to have been London's "dream home." You'll find Chateau St. Jean, another fine winery, north of Glen Ellen on State-12.

Backtracking from Kenwood down Warm Springs Road, you'll come to Bennet Valley and Crane Canyon Road. Follow the road out of the valley to the Crane brothers' ranch, where the tasty Crane melon was developed (open August 15 to October 30). Santa Rosa, a short drive to the north, is packed with plant nurseries—all pinpointed on the Farm Trails map.

Head for Healdsburg

Next, go north once again via US-101 through Windsor to Healdsburg and the Davis Bynum Winery, which produces some of the county's finest premium wines.

Going south, a good route leads back



down US-101 to Westside Road and across to Guerneville. This scenic drive passes the Hop Kiln Winery and Vineyards, where hosts Martin and Martha Griffin arrange tours and tastings by appointment.

If you continue south from Guerneville, you can enjoy numerous Farm Trails stops on the way to San Francisco. There also are many handy motels in the county.

When planning your tour, consider special events like the Sonoma County Harvest Fair (October 4 and 5). You can get tour maps from any Farm Trails association member, or mail a self-addressed, stamped envelope to *Sonoma County Farm Trails,* P.O. Box 6043, Santa Rosa, CA 95406.

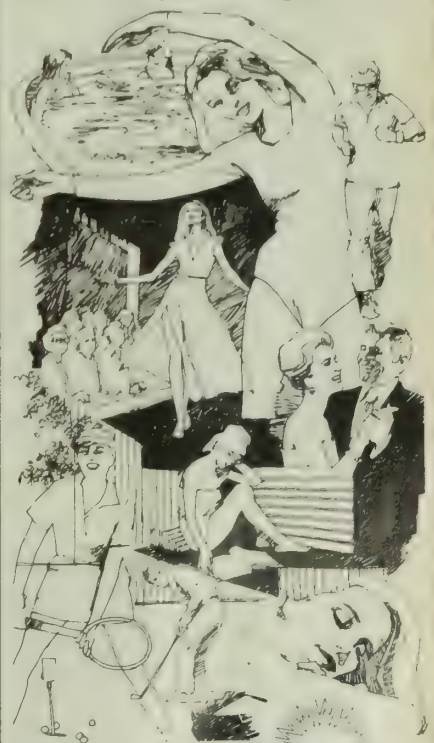
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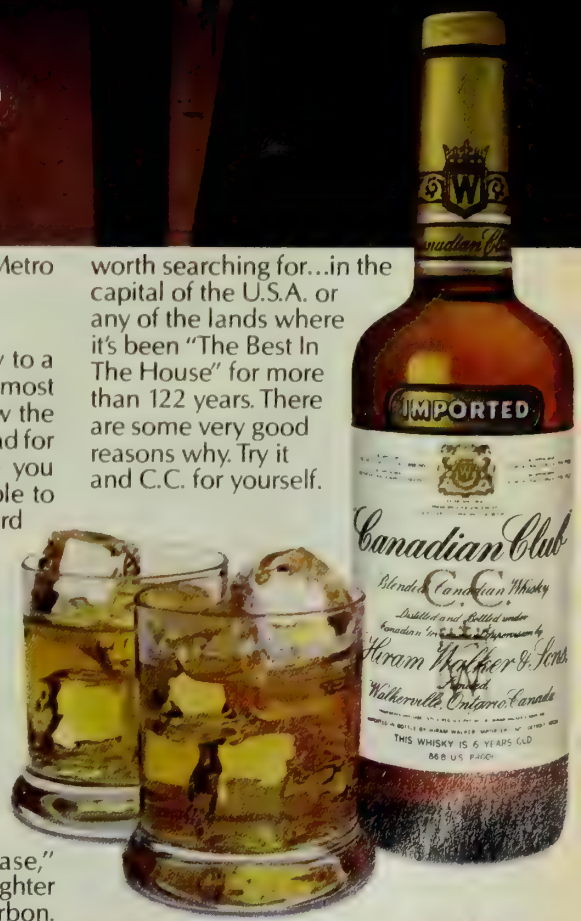
Come up and then find the way to a famous ending. Continue in the most obvious direction, when you know the time is right. Before it's too late, head for the nearest bridge that can take you over water. If it becomes impossible to continue in a straight line, go toward a body of water and find a spot with three banks. From the highest bank, go in the direction of a bridge. When you've reached it, walk back 100 paces and you'll be right over the hidden treasure: a whole case of Canadian Club.

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Freeing up a foyer

This spacious foyer was once a congested area, mainly because the front door opened onto a stairway. To unclutter the entry, the homeowners enclosed one end of their six-foot-wide porch. Then they capped off the annexation by installing light-catching casements and a stylish slate floor.





Photograph: Hedrich Blessing. Designer: Kitchens by Kremer, Inc.

Last night, the ten best parties in town had something in common.



rondelé cheese. It tastes remarkably like that cheese from France. And unlike other cheeses that have fillers, coloring, gums and preservatives.

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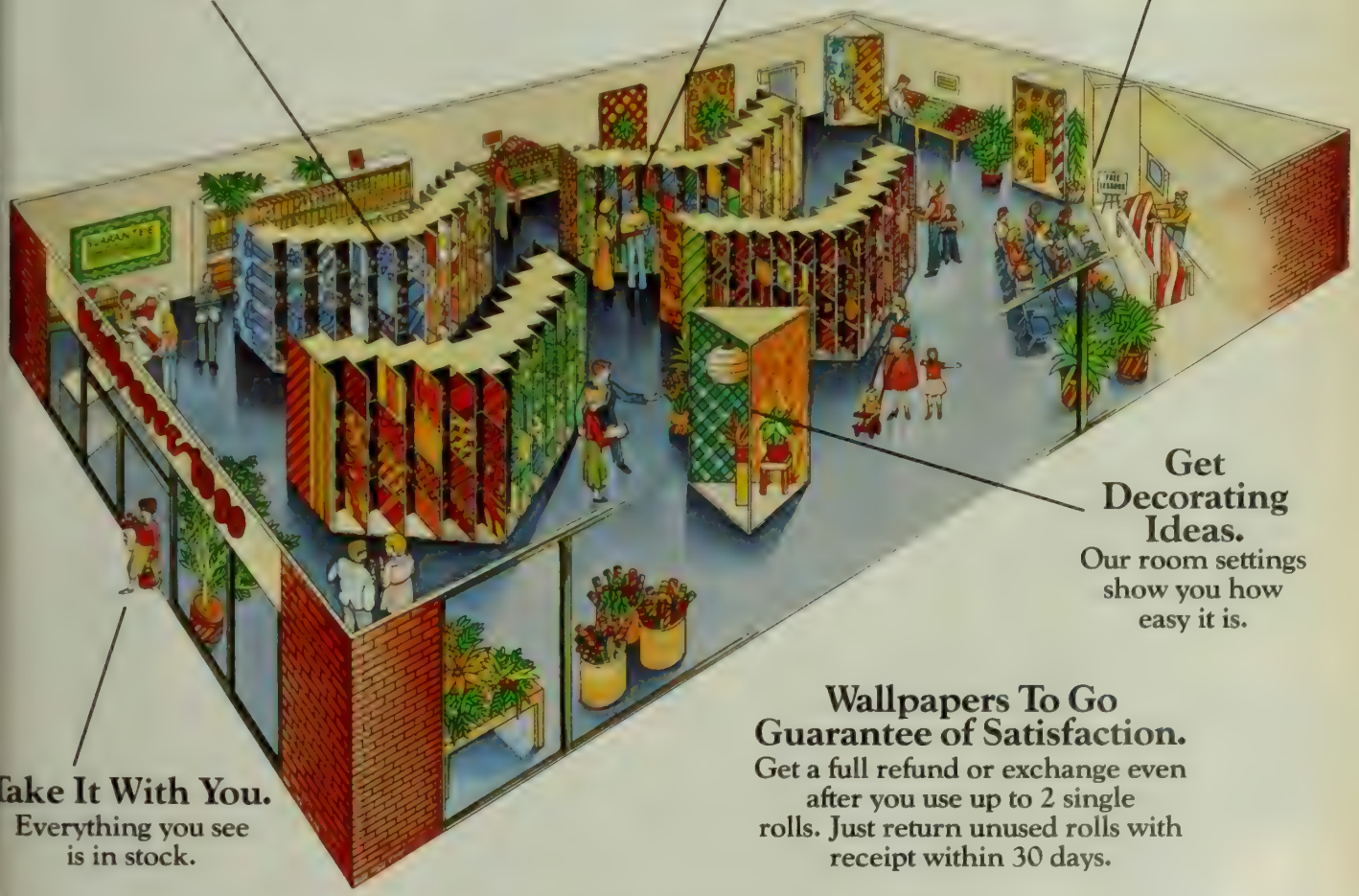
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Support your local carpet

Carpet underlayment is well worth the $1 to $3 per square yard you'll spend for it. It reduces pile compression and pile loss. It increases the luxurious feel of carpeting. And, it makes economic sense because carpets will last longer. Carpet cushion also insulates against heat and cool-air loss.

No one carpet pad is right for all situations. To be a smart shopper, first list your requirements (the feel underfoot, cost, etc.) and the type of use the underlayment will get (heavy versus light traffic).

Then become familiar with the basic types of padding so you can match their characteristics to your needs. A retailer may not stock all types, but he can almost always order the kind you want.

What's available

Felt is the best choice for high-traffic areas because it's durable and gives firm support. However, felt may cause problems for the allergy-prone. It comes in several combinations of animal hair and other fibers, with or without rubberized backing. The grade is determined by weight per square yard.

Urethane foam provides a good degree of firmness underfoot. How firm and how resilient it is depends on the manufacturing process, the density of the foam, and the amount of material used. The degree of plushness can vary from very soft to firm. A good quality urethane foam is tough enough for heavy traffic areas.

There are three types of urethane foam: *Bonded urethane* is made by bonding shredded scraps of prime urethane foam. Its recent popularity has depleted the supply of scraps, thus escalating the price.

Prime urethane foam comes in ¼- to ¾-inch thicknesses. It is a continuous sheet of cushion and facing material.

Densified prime urethane foam allows the manufacturer to vary the density by controlling the cellular structure.

Sponge rubber is made with a smooth, relatively flat surface or a waffled (rippled) surface. The flat variety is measured by thickness, and the waffled type is measured by a combination of weight and thickness.

Foam rubber is available in a smooth, flat construction in several thicknesses and densities.

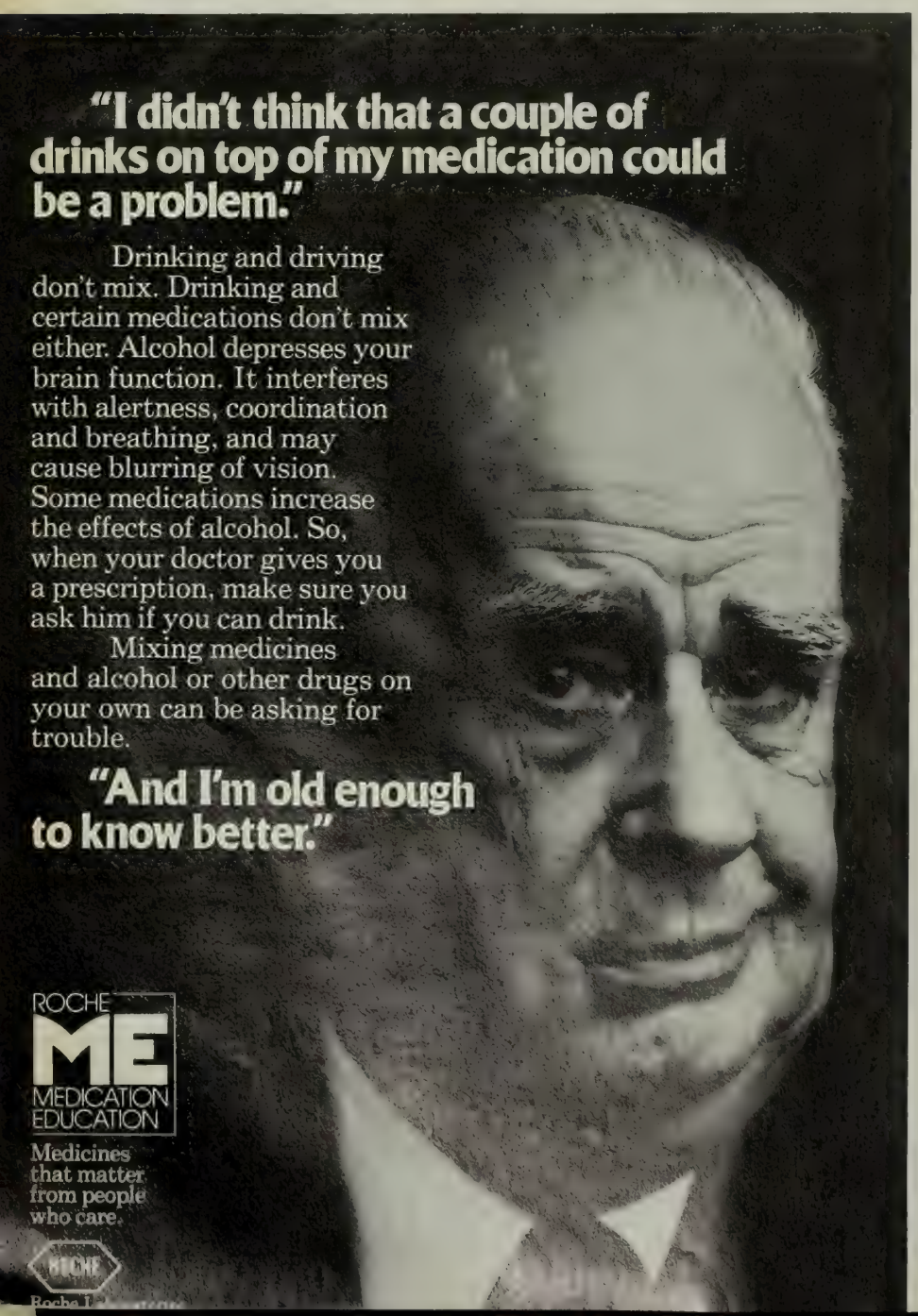
Choosing the padding

Even if you opt for an inexpensive carpet, don't skimp on the padding. A good-quality underlayment extends the life of carpeting and may even be usable for your next installation.

Poor-quality cushion deteriorates and isn't as comfortable underfoot as quality padding.

To judge quality in padding, check for "bottoming out." Lay the carpet cushion on a hard surface and cover with a sample of the carpet you've chosen. Then step on the carpet. If you feel your heel hit the hard surface, you need a better quality or thicker pad.

Most carpet cushions are backed by warranties. They're your assurance that the cushions will perform well.



New life for an old porch

"My porch was only a catchall for junk—a real eyesore," homeowner Barbara Vessels told us. If that description fits your front porch, too, you'll be interested in how Barbara turned her problem porch into valuable living space.



Barbara Vessels, ASID
Field editor: Barbara Sims; Linda Magazzine

By annexing her 200-square-foot porch, Barbara gained an entryway and a graceful extension of her living room. The archway in the photo above shows how far the room originally extended. The porch ceiling was raised to line up with the living room, and the parquet floor was continued wall to wall. Windows from floor to almost ceiling height bring in plenty of welcome light.



Outside, you can see how handsome the converted porch is. Enclosing it was a low-cost procedure, since the floor, foundation, framing, and roof were already in place. New windows and a paint job finished off the project.

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DECORATING

A "fabricated" headboard



Photograph: William N. Hopkins. Design: Mary Griffith
Field editor: Patricia Carpenter

This upholstered headboard looks like a million dollars, but you can make it yourself for next to nothing.

First determine what size headboard you'll need. Then cut the frame from ¾-inch-thick particleboard; use a jigsaw to round the corners. Cover the front of the headboard with polyester batting; pull the batting taut and staple it to the back of the frame.

Once padded, the frame is ready to be upholstered. For the fabric panel, you'll need a piece of material six to eight inches narrower and three to four inches shorter than the headboard. Round the corners of the fabric to match the shape of the particleboard. Staple the fabric in place.

To make the shirred border, piece a fabric strip that's two to three times as long as the area to be covered and twice as wide. Shirr the strip by running gathering stitches along both long edges. Staple the fabric, right sides together, along the edge of the flat panel as shown. Then flip the piece up and over the top of the frame. Staple the material to the back of the frame, making sure the gathers are evenly placed. Now you're ready to bolt the finished headboard to your bed frame.



Drawings: Picard Didier Inc.

Cooking with bulgur

Out of the pantries of the Middle East comes a delightful alternative to the usual rice or noodles—bulgur. This tasty whole wheat grain can add a nutritional punch to everything from a casserole to a brunch bread. To enjoy bulgur as a side dish, combine one part bulgur, two parts water, and a little salt in a saucepan. Cover and bring to boiling. Simmer 15 minutes.



BRUNCH PANCAKE WHEEL

- ¾ cup milk
- ½ cup uncooked bulgur wheat
- 1 8-ounce package brown-and-serve breakfast sausage links
- 2 beaten eggs
- ¼ cup cooking oil
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons sugar
- ½ teaspoon salt
- ½ teaspoon ground nutmeg
- Milk
- Maple-flavored syrup

In bowl combine milk and bulgur wheat; let stand 25 to 30 minutes. Brown sausages on all sides; set aside. Add eggs and oil to bulgur mixture. In another bowl thoroughly stir together flour, baking powder, sugar, salt, and nutmeg. Add bulgur mixture, stirring just till moistened. Pour batter into greased 10-inch oven-going skillet. Arrange cooked sausages spoke-fashion atop. Brush top of batter with milk. Bake in 400° oven for 20 minutes. Serve with syrup. Makes 6 servings.

HEARTY PILAF CASSEROLE

- 1 pound ground beef
- ½ cup sliced green onion
- ¼ cup chopped green pepper
- ¾ cup uncooked bulgur wheat
- 1 clove garlic, minced
- 1 16-ounce can tomatoes, cut up
- 1 pound zucchini, cut in ¼-inch slices
- 1 tablespoon worcestershire sauce
- 1¼ teaspoons dried oregano, crushed
- 1 teaspoon sugar
- Dash bottled hot pepper sauce
- 1 cup shredded cheddar cheese

In large skillet cook beef, onion, green pepper, bulgur wheat, and garlic till meat is browned and onion and pepper are tender. Drain. Stir in *undrained* tomatoes, zucchini, worcestershire, 1¼ teaspoons *salt*, oregano, sugar, and pepper sauce. Turn into 2-quart casserole. Bake, covered, in 350° oven for 45 minutes. Sprinkle cheese atop. Makes 6 servings.



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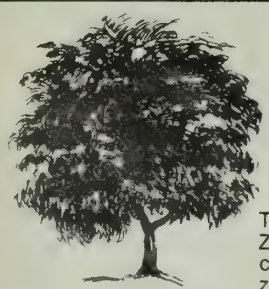
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BUILDING

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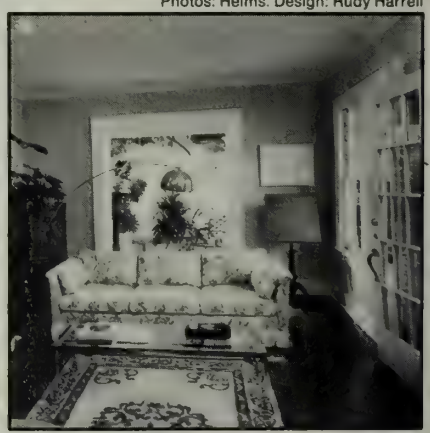
Don't let a skimpy yard stop you from adding a deck. This one is narrow enough to fit between your house and the side of your lot. And since the deck is screened with six-foot-tall sections of white lattice, propinquity to next-door neighbors isn't a problem.



Field editor: Ruth Reiter

The deck is constructed of treated pine and is only eight feet wide. It runs the full 26-foot length of the house and wraps around the corners at both ends. French doors allow easy access to the deck from two rooms in the house —the living room (shown through the open door in the photo, *above),* and the master bedroom (a few feet beyond). During summer parties the doors are opened to encourage use of the deck.

Photos: Helms. Design: Rudy Harrell



Both sets of doors replace original double-hung windows. And because the lattice screen offers plenty of privacy, it isn't necessary to cover the glass with curtains. The doorway opening into the living room is trimmed with the same molding used around the windows and baseboard.

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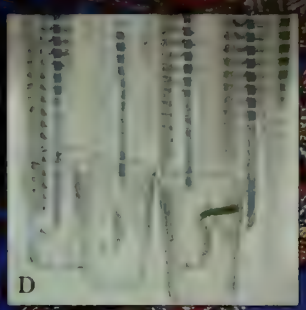
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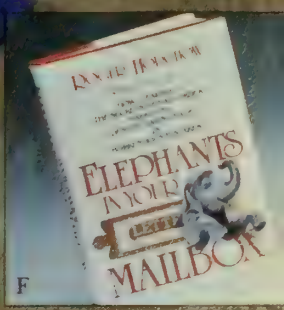

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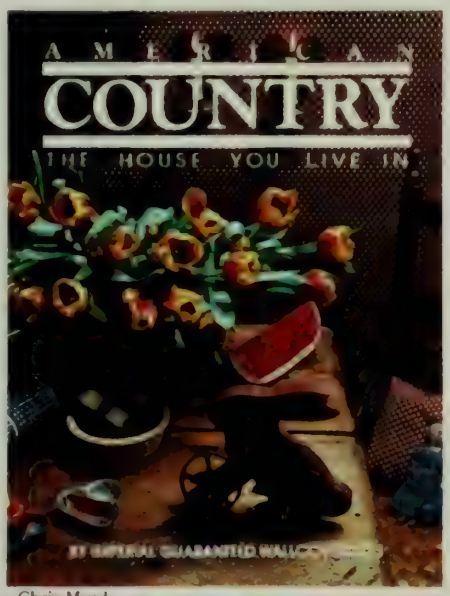
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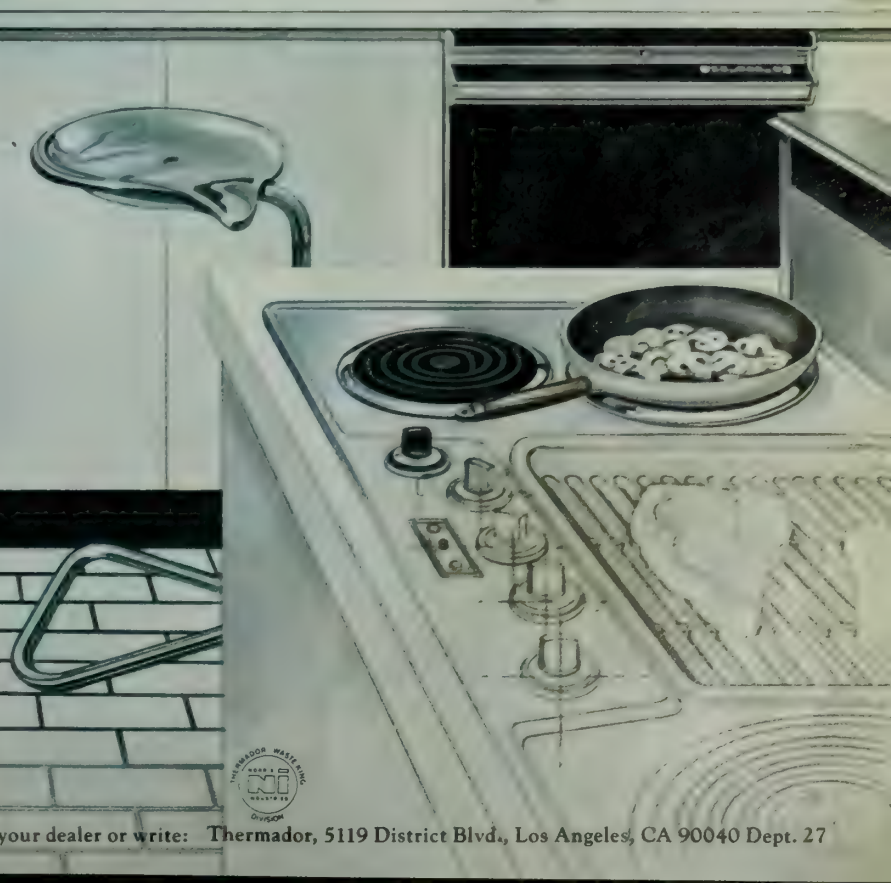
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The secret to removing a stubborn cork from a bottle of wine is to first wrap a cloth that's been dipped in hot water around the neck of the bottle. Wait a few minutes. Then a firm pull on the corkscrew should remove it without loss of cork or temper.





The secret to delicious coffee is Melitta's cone-shaped filter top and pure filter paper, specially designed to concentrate grounds better than any leading coffeemaker, so you get great-tasting coffee every time.







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Classy Hot Chocolate

It's easy to turn the classic mug of hot chocolate into an extraordinary drink. For starters, try any of these easy-does-it ideas and the two very special recipes that follow.

- **Experiment with aromatic spices. Grind fresh whole nutmeg, cloves, allspice, or cardamom over each serving or add a few dashes of preground nutmeg, cloves, allspice, cinnamon, mace, or cardamom.**
- **Create a smooth after-dinner drink by adding a tablespoon of brandy, rum, bourbon, or sherry.**
- **For each serving, stir in a few drops of your favorite liqueur such as coffee, orange, cherry, raspberry, peppermint, almond, crème de menthe, or crème de cacao.**
- **Stir together all-time favorite chocolate combinations. Mix presweetened cocoa powder or instant cocoa mix with a teaspoonful of instant coffee crystals or flavored soft drink mix before pouring in the hot water or milk.**
- **Top each drink with whipped cream or a generous scoop of ice cream (any flavor).**

Photograph Dieter



Buying information, page 200

SPICED MOCHA MIX

Serve each spicy mug of this drink with a cinnamon stick stirrer—

1 cup sugar
1 cup nonfat dry milk powder
½ cup non-dairy creamer
½ cup unsweetened cocoa powder
3 tablespoons instant coffee crystals
1 teaspoon ground allspice
½ teaspoon salt

In a small bowl combine sugar, dry milk, non-dairy creamer, cocoa, coffee crystals, allspice, and salt. Mix well. Store mix in an airtight container.

For each serving, combine 3 tablespoons of the cocoa mix with ¾ cup *boiling water* in a heat-proof cup or mug; stir. Makes 2½ cups mix.

BUTTERSCOTCH COCOA

If you like, beat the milk mixture with a rotary beater to make the drink look foamy and extra rich—

¼ cup semisweet chocolate pieces
¼ cup butterscotch pieces

• • •

4 cups milk
⅛ teaspoon salt
½ teaspoon vanilla

In a 2-quart saucepan melt chocolate and butterscotch pieces over low heat. Stir in milk and salt; heat almost to boiling, but do not boil.

Remove from heat; stir in vanilla. If desired, beat mixture with rotary beater till frothy. Serve in heat-proof cups or mugs. Makes 4 servings.



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The brand-new Better Homes and Gardens® *More From Your Microwave* is the last word in microwave cooking. It tells you how to get the very best results from its 124 recipes by using specified power settings, doneness tests and other up-to-the-minute microwave tips. The result? Not just fast cooking, but more delicious, family-pleasing cooking that covers everything from appetizers through meats and seafood to desserts.

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Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

TODAY'S LOG HOMES—A SENSIBLE BLEND OF OLD AND NEW

Page 34: Log home kit—Southern Rustics, Inc., P.O. Box 296, Foley, AL 36535.

Page 35 (from top): Log home kits—Rocky Mountain Log Homes, 6100 Green Valley Drive, Bloomington, MN 55438; Real Log Homes, Growth Equity, Inc., 5340 N. Stillwater Blvd., P.O. Box 264, Stillwater, MN 55082; Northeastern Log Homes, Inc., Groton, VT 05046.

Page 36: Log home kit—Green Mountain Cabins, Inc., Chester, VT 05143.

Page 37 (top right): Armchairs—Conant Ball Co., 60 W. Lynde St., Gardner, MA 01440. (Bottom): Sofa, coffee table—Conant Ball Co. (address above). Hanging lamps—Lightolier, Inc., 501 W. Walnut St., Compton, CA 90220. Lamp on table—Lawrence Greenspan Lamp Manufacturing Co., 1307 Hill Ave., West Palm Beach, FL 33407. Wood-burning stove—Jotul, Kristia Associates, P.O. Box 1118, Portland, ME 04104.

Page 38 (top): Cabinets—Rutt Custom Kitchens, Route 23, Goodville, PA 17528. Ovens—Magic Chef, Cleveland, TN 37311. Cooktop—Jenn-Air, 3055 Shadeland Ave., Indianapolis, IN 46226. Wood-burning stove—Buck Stove, Smoky Mountain Enterprises, 116 Woodfin Ave., Asheville, NC 28084.

Page 39 (top): Cabinets—Pride of Craftsman, 10337 93rd Ave. N., Osceco, MN 55369. Flooring—Minnesota Mining and Manufacturing Co., 3M Center, St. Paul, MN 55101.

AMERICAN CLASSICS—TABLETOP FAVORITES

Pages 40-43: 1. Dinnerware "Autumn"—Lenox China, Inc., Lawrenceville, NJ 08648. Glassware "Lismore"—Waterford, 225 Fifth Ave., New York, NY 10010. Flatware (sterling) "Chantilly"—The Gorham Co., 333 Adelaide Ave., Providence, RI 02907. Table—Hickory Chair Co., through Decorators Walk, 160 E 56th St., New York, NY 10022 **2.** Dinnerware (on chair) "Generation"—Dansk, Radio Circle Rd., Mt. Kisco, NY 10549. Dinnerware (on fabric) "Painted Desert"—Noritake, 41 Madison Ave., New York, NY 10010. Glassware "Revelation"—Tiffin Crystal, P.O. Box 667, 4th Avenue and Vine St., Tiffin, OH 44883. Glassware "Viewpoint Carib Blue"—Noritake (address above). Candlestick (pewter) "Octette"—The Gorham Co. (address above). Floral material—Laura Ashley, 714 Madison Ave., New York, NY 10021. Flatware (stainless) "Colonial Shell"—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780. Chair and candles—Conran's, 145 Huguenot St., New Rochelle, NY 10801. **3.** Dinnerware "Blue Regency"—Royal Worcester, Royal Worcester Spode, Inc., 26 Kennedy Blvd., E. Brunswick, NJ 08816. Flatware (sterling) "Eloquence"—Lunt Silversmiths, 298 Federal St., Greenfield, MA 01301. Glassware "Elysee"—Tiffin Crystal (address above). Fabric—Schumacher, 939 Third Ave., New York, NY



10022. **4.** Dinnerware "Desert Rose"—Franciscan Ceramics, Inc., 2901 Los Feliz Blvd., Los Angeles, CA 90039. Plate "Jamestown"—Fostoria, 1200 First St., Moundsville, WV 26041. Flatware (sterling) "Damask Rose"—Oneida Silversmiths, Oneida, NY 13421. Towel as napkin—Descamps, 723 Madison Ave., New York, NY 10021. **5.** Dinnerware "Columbia Enamelled"—Wedgwood, 41 Madison Ave., New York, NY 10010; "Pembroke"—Aynsley, 225 Fifth Ave., New York, NY 10010. Flatware (sterling) "Repousse"—The Kirk-Stieff Co., 800 Wyman Park Dr., Baltimore, MD 21211. Flatware (sterling) "Grande Baroque"—Wallace Silversmiths, Wallingford, CT 06492. Glassware "Arabella"—Villeroy & Boch, 41 Madison Ave., New York, NY 10010. Soft basket and box—Soft Antiques, P.O. Box 1826, Orleans, MA 02653. **6.** Dinnerware: "Merriment"—Lenox China (address above); "Fresh Floral"—Mikasa, 41 Madison Ave., New York, NY 10010; "Quince"—Wedgwood (address above); "Cornwall"—Royal Doulton, 700 Cottontail Lane, Somerset, NJ 08873. Flatware (stainless) "Paul Revere"—Oneida Silversmiths (address above); "Beaded Antique"—Towle Silversmiths, 260 Merrimac St., Newburyport, MA 01950. Cutlery tray and napkins—Conran's (address above). Basket—MCK, 167 Livingston St., New Haven, CT 06511. Rooster—L'art de Chine, 57-33 San Leandro St., Oakland, CA 94621. **7.** Dinnerware "Yorktowne"—The Pfaltzgraff Co., P.O. Box 1069, York, PA 17405. Teapot—Corning Glass Works, Corning, NY 14830. Glassware "Old Williamsburg"—Imperial Glass, Bellaire, OH 43906. Flatware "Queen Anne"—Georgian House English Sterling, 225 Fifth Ave., New York, NY 10010. Linens—Katja, 81 Chestnut St., Boston, MA 02108. Teddy bear—Conran's (address above). **8.** Dinnerware: "Black Contessa"—The Gorham Co. (address above); "Solitude"—Mikasa (address above). Flatware (stainless) "Christy"—Georgian House (address above). Glassware "Citation"—Libbey Glass, Division of Owens-Illinois, Toledo, OH 43693. Grid—Copco, 11 E. 26th St., New York, NY 10010. Linens—Katja (address above). **9.** Dinnerware "Chambord"—Heinrich Porcelain, Villeroy & Boch (address above). Flatware (sterling) "Old Master"—Towle Silversmith (address above). Decanter—Schmid, 55 Pacella Park Dr., Randolph, MA 02368. Candles and candlesticks—Conran's (address above). China swan—Lenox China, Inc. (address above). **10.** Dinnerware "Jasmine"—Minton, Royal Doulton Group (address above). Flatware (sterling) "Williamsburg Shell"—The Kirk-Stieff Co. (address above). Glassware "Sonnet"—Mikasa (address above). Chair—Hickory Chair Co. through Decorators Walk (address above). **11.** Dinnerware: "Queen's Plain"—Wedgwood (address above); "Buttercup"—Spode, Royal Worcester Spode, Inc. (address above). Flatware (pewter) "Octette"—The Gorham Co. (address above). Antique quilt—Kelter-Malce, 361 Bleecker St., New York, NY 10014. Chick—L'art de Chine (address above). **12.** Dinnerware "Old Country Roses"—Royal Albert, Royal Doulton Group (address above). Glassware "Beaugency"—J. G. Durand Int'l., Wade Blvd., Millville, NJ 08332. Flatware (sterling) "Francis I"—Reed & Barton Silversmiths (address above). **13.** Dinnerware "Colburn"—Noritake (address above). Glassware "Navarre"—Fostoria (address above). Flatware (sterling) "Reflection"—International Silver Co., 550 Research Pky., Meriden, CT 06450. Silverplated compote "Chantilly"—The Gorham Co. (address above). **14.** Dinnerware "Fontaine"—Lenox China (address above). Flatware (silverplate) "Dresden Rose"—Reed & Barton Silversmiths (address above). Glassware "Jamestown"—Fostoria (address above). Silverplated sugar "Baroque"—Wallace Silversmiths (address above).

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MAKE-AHEAD CHOCOLATE DESSERTS

Page 58: Saucer—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, CA 90039. Dessert plate—Lauffer Co., Inc., Belmont Dr., Somerset, NJ 00873. Bordered dessert plate, teapot, coffee cups "Exotic Yellow"—Rosenthal USA Ltd., 411 E. 76 St., New York, NY 10021.

AMERICA'S FAVORITE FURNISHINGS

Page 119: Highboy—Pennsylvania House, Lewisburg, PA 17837.

Pages 120-121: Windsor chair by fireplace—Nichols & Stone, Inc., 232 Sherman Ave., Gardner, MA 01440. Ladder-back chair—York County Furniture, 30 Hotaling Pl., San Francisco, CA 94111. Candlestick on shoe foot table—Maria Clair Schnoor, 225 Fifth Ave., New York, NY 10010.

Page 121 (top): Boston rocker—Nichols and Stone, Inc. (address above). Rug—F. Schumacher & Co., 939 Third Ave., New York, NY 10022.

Pages 122-123: Spindle-back chair in foreground, hanging chair, trestle table, peg-hung clock, oval boxes, rugs, candlestand—Guild of Shaker Crafts, 401 W. Savidge St., Spring Lake, MI 49456. Butter churn—Thomas Scafati, Scafati & Co., 101 E. Highland Ave., Atlantic Highlands, NJ 07716. Crockery bowl—Gaetano Pottery of

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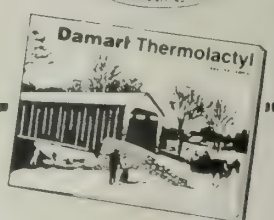
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Buying guide

California, 10675 Hickson, El Monte, CA 91731.
Page 123 (top): Three-drawer chest, chair, rake—Guild of Shaker Crafts (address above).
Page 124: Table, bench, chairs, runner—Guild of Shaker Crafts (address above). Pottery—Bennington Potters, Inc., 324 Country St., Bennington, VT 05201.
Page 125 (top): Chair—Guild of Shaker Crafts (address above). Blanket chest—Sugar Hill Furniture Corp., 95 Main St., Lisbon, NH 03585. Crockery bowl—Gaetano Pottery of California (address above). (Bottom): Oval boxes, settle, jacket, hat, candle holder—Guild of Shaker Crafts (address above).
Pages 126-127: Wing chair, sofa, side chair—Kittinger, 1893 Elmwood Ave., Buffalo, NY 14207. Tea table—Harden Furniture, McConnellsville, NY 13401. Rug—Karastan Rug Mills, 919 Third Ave., New York, NY 10022. Teapot, cup and saucer, platter on top shelf, platter on third shelf—Mottahedeh & Co., Inc., 225 Fifth Ave., New York, NY 10010. Items on second shelf, tobacco jar on bottom shelf—Foreign Advisory Service Corp., Princess Ann, MD 21853.
Page 128: Highboy—Pennsylvania House (address above).
Page 129 (top): Blockfront chest—Thomasville Furniture Industries, Inc., P.O. Box 339, Thomasville, NC 27360. Glass items on chest—Foreign Advisory Service (address above). (Bottom): Roundabout chair—Hickory Chair Co., Box 2147, Hickory, NC 28601.
Pages 130-131: Barcelona chair (foreground)—Knoll International, 655 Madison Ave., New York, NY 10022. Lamp—Cedric Hartman, Inc., 1116-18 Jackson St., Omaha, NE 68102. Sofa—Saporiti from Campaniello Import Ltd., 655 Fifth Ave., New York, NY 10022. Glass bowl on cube—Kosta Boda, 225 Fifth Ave., New York, NY 10010. Pension chair—Alvar Aalto, International Contract Furnishings (ICF), Inc., 145 E. 57th St., New York, NY 10022. Bentwood chairs—Stendig, Inc., 410 E. 62nd St., New York, NY 10021.
Page 131 (top): Eames chair and ottoman—Herman Miller, Inc., 140 W. McKinley, Zeeland, MI 49464. Smoking table—Eileen Gray from Stendig (address above). Tulip chairs and pedestal table, kitchen—Knoll International (address above).

QUICK-TO-KNIT CARDIGANS
Pages 132-133: Our sincere thanks to the United States Naval Academy for their cooperation. Toggle buttons—JHB Imports, Inc., 1955 S. Quince St., Denver, CO 80231.

AMERICAN COOKING CLASSICS
Pages 134-135: Loaf dish—Copco, Inc., 11 E. 26th St., New York, NY 10010. Pie plate—Pyrex, Corning Glass Works, Corning, NY 14830. Plate—Fostoria Glass Co., 1200 1st St., Moundsville, WV 26041.
Page 135: Platter—Mitteldorfer-Straus, Inc., 41 Madison Ave., New York, NY 10010.
Page 138: Front platter—Hutschenreuther Corp., 100 Shaw Rd., Branford, CT 06471.
Page 141: Pie plate—Copco, Inc. (address above). Knife and fork—Supreme Cutlery Corp., Div. of Sigma Marketing Systems, 225 5th Ave., New York, NY 10010.

PRIZE TESTED RECIPES
Page 178 (left): Canister—Fitz & Floyd, 1371 Round Table Dr., Dallas, TX 75247. Dish—Pfaltzgraff Co., 140 E. Market St., York, PA 17401. Bowls—Rosenthal-Studio Haus, 584 5th Ave., New York, NY 10036. (Center left): Pie plate—Pfaltzgraff Co. (address above). Plate—Williams Sonoma, 532 Sutter St., San Francisco, CA 94102. Server—Williams Sonoma (address above). (Center right): Casserole—Pfaltzgraff Co. (address above). (Right): Warmer "Microceram"—Anchor-Hocking Glass Corp., 5th and Pierce St., Lancaster, OH 43130. Trivet—Crate & Barrel, 1510 N. Wells St., Chicago, IL 60610. Ladle "Stoneware"—La Cuisiniere, Inc., 903 Madison Ave., New York, NY 10002. Bowls—Marsh Industries, 1224 E. 28th St., Los Angeles, CA 90011.

CLASSY HOT CHOCOLATE
Page 199: Glass mugs—Ittala USA Ltd., 175 Clearbrook Road, Elmsford, NY 10523.

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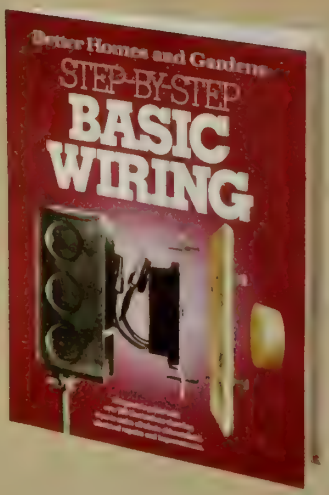
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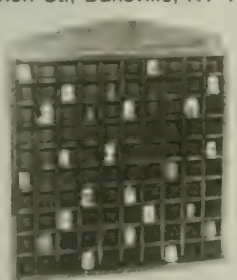
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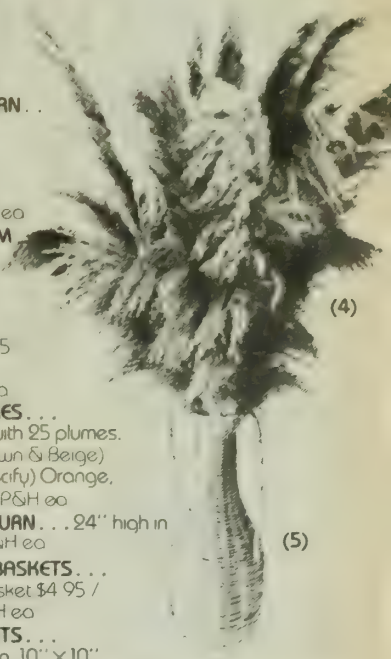
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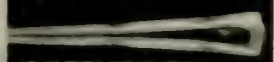
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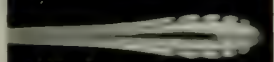


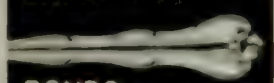








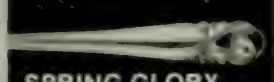


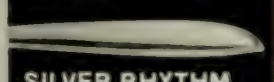


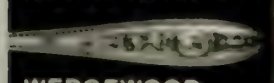




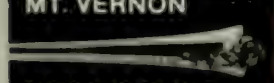
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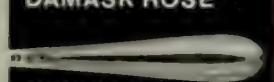
















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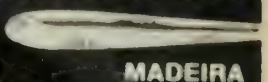
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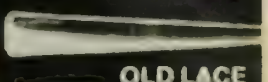
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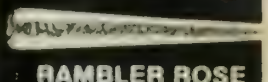
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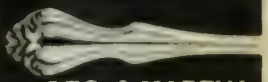


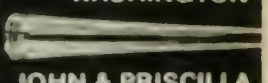


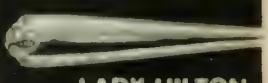








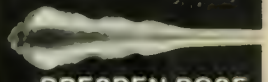


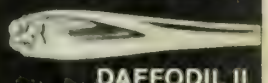


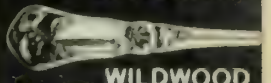


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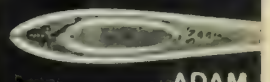


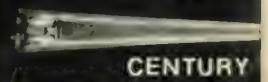














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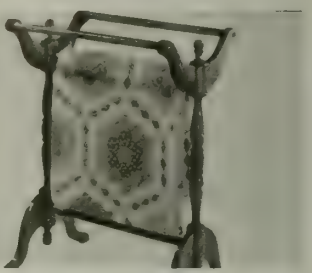
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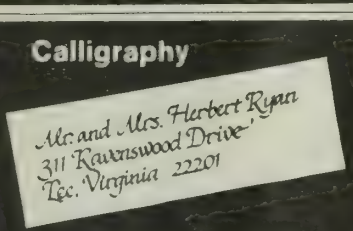


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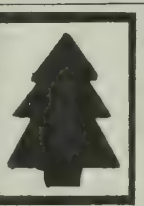
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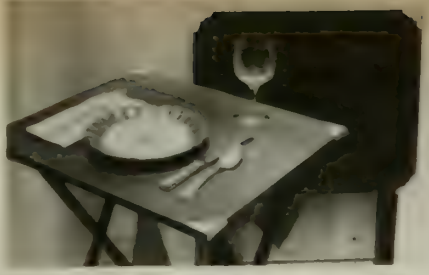


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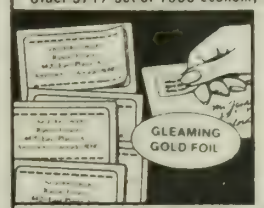
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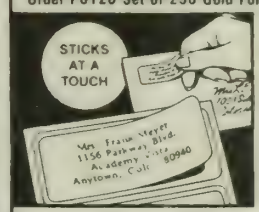
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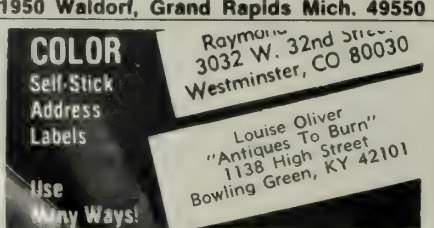
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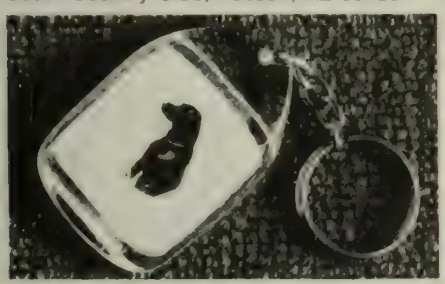
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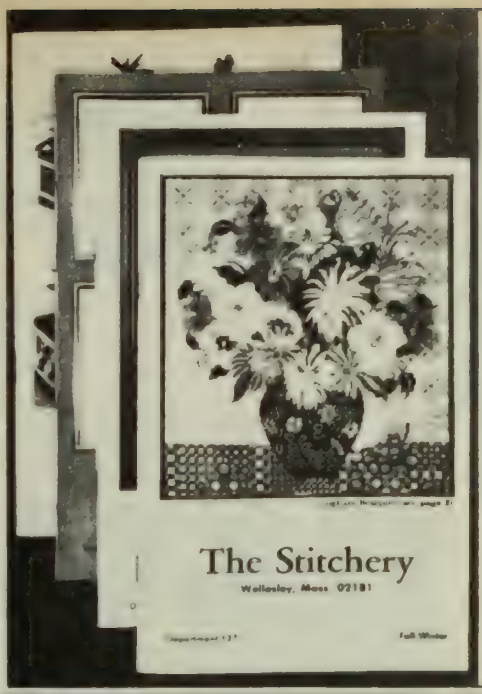
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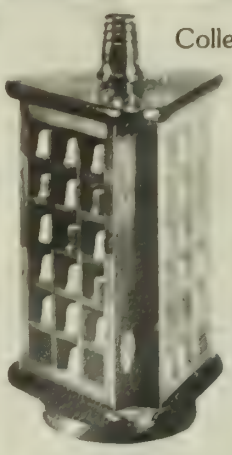
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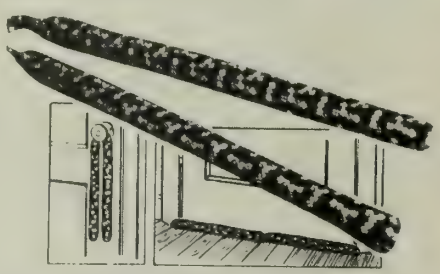
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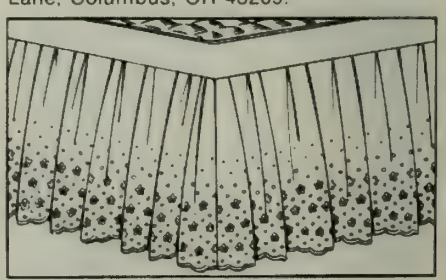
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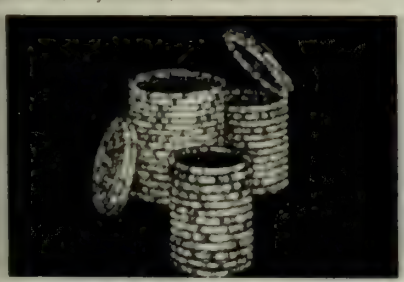


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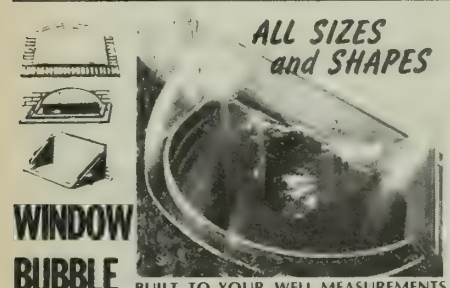
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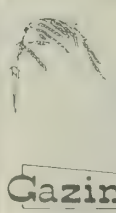
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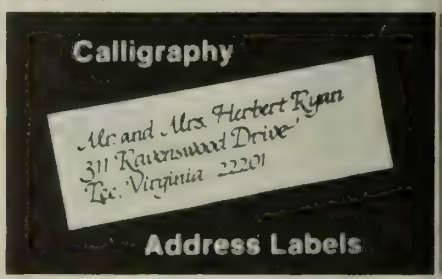
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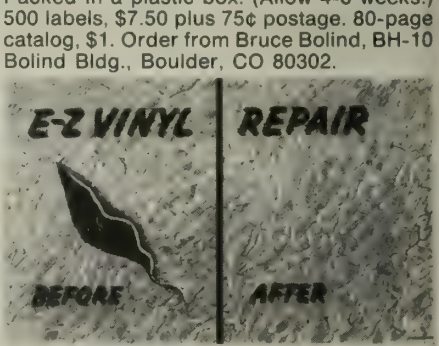
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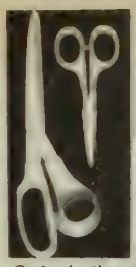
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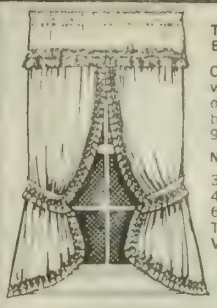


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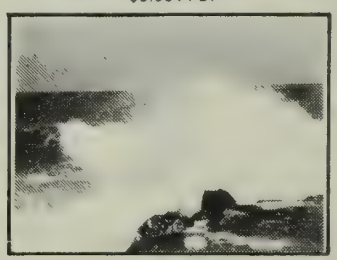
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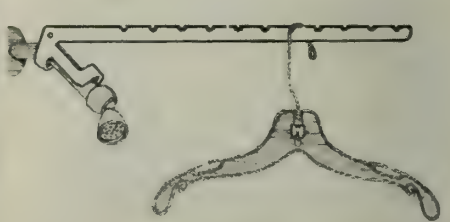
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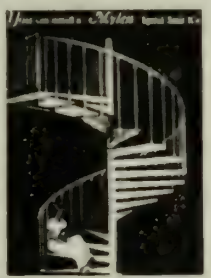
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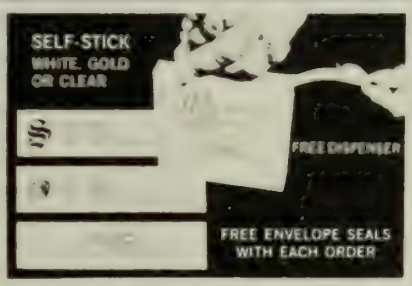
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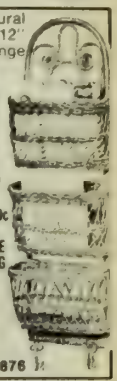
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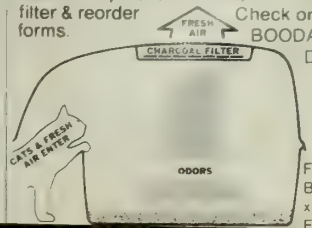
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For cats to 16 lbs. Boodabox is 27"L x 16"W x 17"H. Entry is 7" x 14"

The Man Next Door®

There was a chorus of groans at the dinner table when Burt, Jr., offered his explanation of why we honor Christopher Columbus this month: "Look how far he got on only three galleons and no credit cards."

Elaine Cowan says she's all for walking as a way of keeping fit, but she'd be much more enthusiastic if they'd bring back sidewalks.

When admiring strangers tell John Camp that his son Doug has his father's smile, John just beams. He doesn't feel it's necessary to explain that, rather than being inherited, the smile evolved—right from the first days of Doug's adoption.

The real difference between hunters and fishermen, according to Ed Randall, just back from pheasant hunting, is that hunters lie in wait and fishermen wait and lie. As an honest angler, I protest.

Chris says she'd know it's fall even if she never looked out the window—Burt, Jr.'s pants and socks in the laundry hamper have harvested half the stick seeds in the neighborhood.



My boss says he's looking for an imaginative accountant to do our annual report this year—someone who can tell the truth about corporate earnings in a way none of the stockholders can understand.

Chris says there's nothing like a new battery in her pocket calculator to make her feel more secure about the household accounts.

One of the quiet comforts of being married is the realization that someone cared enough to pull the covers over you on a cold night while you slept, blissfully unaware.



"I'm worried, Malcolm. [illegible] me anymore."

Congressman Nick Hanfli was only kidding Ken Floyd—I think—about why he decided to run for reelection. He said a new man just couldn't afford to buy a house in Washington at today's prices and interest rates.

You know you're getting older when you recognize more of the actors in TV commercials than in the dramas.

All the political oratory these days prompted Lee Bayless to label this the "promised" land.

Our independent Judy insists she's too old to be accompanied on her trick-or-treat rounds this year, but I think I'll tag along, just out of sight, one more time.

I must confess that I have never quite shed my childhood delight in a brisk, blowy Halloween night, so I'll welcome an excuse to be abroad again.

There's a wonderful mood in our neighborhood on that particular evening—a magic compounded of scurrying leaves and children, a wind-borne rush of chatter and giggles, and the definite sense that something eldritch lurks in the bushes along the way.

I love orange-glowing Jack-o'-lanterns on front porches and sidewalks, especially because I know many were made by older couples simply to guide the neighbors' children to homes where they're wanted.

Everyone joins in the familiar ritual.

Excited dogs gallop alongside their owners, and cats streak across yards and halfway up trees as if they knew they had a part in the tradition.

This is the night for small sisters and brothers to be included in the crowd, and we see them being helped solicitously up the high steps and gently urged forward to accept their share of the goodies.

Somehow, on a night like this, it's hard to believe that things can change too much in generations to come—not as long as there's a harvest moon, kind neighbors, and a need for small fry to shiver a bit in safe excitement.

Burton Hillis



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Better Homes and Gardens

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(Patterns and full instructions inside)

FURNISHINGS

A split-level spruce-up
• Mail-order decorating

ENERGY SAVERS

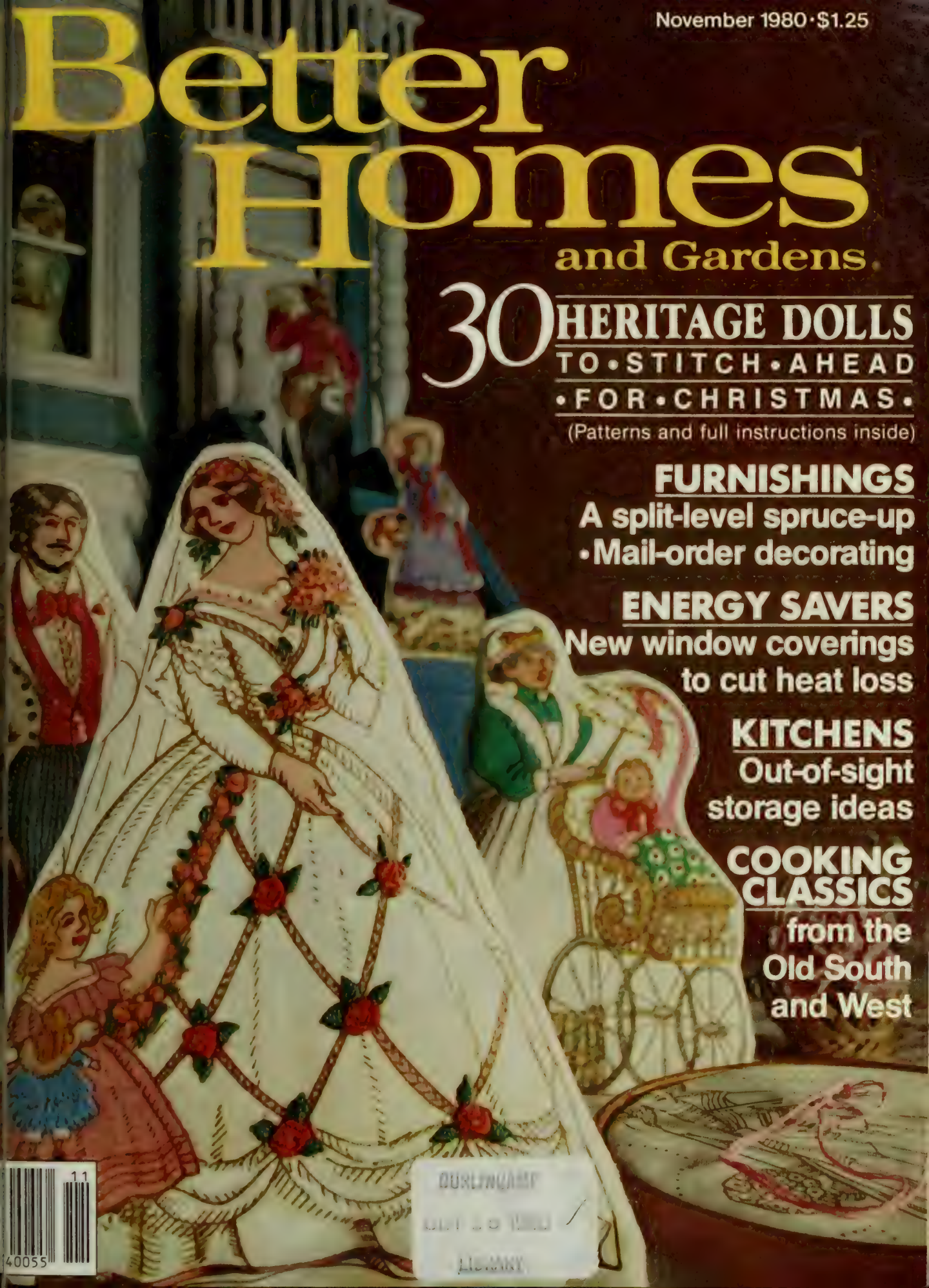
New window coverings to cut heat loss

KITCHENS

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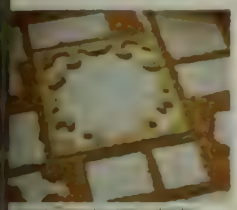
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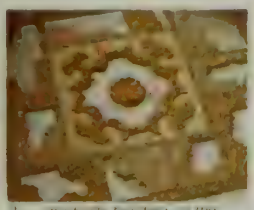


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—Homer Formby 3rd generation restorer and refinisher

Think hard for a minute. Try to remember some of the gifts you gave last Christmas. Can you even remember the gifts you got? Don't feel bad—most people can't.

And I'm sure a lot of money was spent on those presents. Even so, they just weren't that special or memorable.

I'd like to give you and your family a suggestion based on something we do in our family. Find an old picture frame. Or an old mirror. Or a small table. It doesn't matter where you find it—though it sure would be nice if you can poke around the attic or the basement and find something that belonged to your grandfather or grandmother.



Next, refinish that piece and put it under the tree. Now before you tell me refinishing is a sloppy, time-consuming business, let me stop you. Have you heard about my furniture refinisher?

Formby's Furniture Refinisher ends the drudgery of refinishing. You'll find that refinishing doesn't have to be a big deal, or an ordeal. Just apply some of my Refinisher with my refinishing pads and watch the old varnish, lacquer or shellac finish dissolve away right before your eyes. You know what? It's so easy it really can be an all-family project. Even the kids can do it.

There's no sanding. No stripping. No staining. There's not even any hard rubbing. (You can put away your supply of elbow grease.) And my refinisher protects the patina of your wood. Patina is the richness and character that's built up over time. So whatever you refinish, it'll look like a beautiful old piece—not a piece that could have been bought yesterday. And forgotten tomorrow. Watch it stand out from the plastic and tinsel. It'll be a gift that won't be soon forgotten, believe me.

How long will it take? You can refinish a picture frame in less than one hour! And that includes hand-rubbing in a beautiful tung oil finish. A small table takes just two hours from start to refinish.

So this Christmas, don't give another sweater or another pair of furry slippers. Put something under the tree you've put yourself into. Remember, it's a gift from your heart because it's a gift from your hands.

To get you started many of our dealers have a special price on Formby's Furniture Refinisher. Think of it as our Christmas gift to you.



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But that's just one of the features that makes this Whirlpool dishwasher so attractive. The top rack tilts for awkward items. The silverware basket goes in the door—out of your way. You even get the quality of an all-porcelain tub.

And of course it gets your dishes really clean. And does it with Whirlpool dishwasher quietness.

Stop in at your nearest Whirlpool dealer for a closer look at this new dishwasher.

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You'll be soundly sleeping when your new Whirlpool dishwasher starts washing.

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Pocket Bread Sandwiches

4 individual pocket breads
1 3-oz. pkg. cream cheese, softened
1 Tbsp. mayonnaise
4 lettuce leaves
2 medium tomatoes, sliced
1 can Tender Chunk® ham, chicken or turkey, flaked with fork
4 oz. alfalfa sprouts

Slit pocket breads half way around. Combine cream cheese and mayonnaise; spread inside pocket breads. Layer lettuce, tomato slices, Tender Chunk and alfalfa sprouts in "pockets."

4 servings.

Hormel



EDITOR at large

The American Bar Association's silver Gavel Award, which in legal circles rivals the Pulitzer Prize for prestige, was given to *Better Homes and Gardens* this year. Naturally, we're delighted to receive this top honor for "outstanding public service which served to increase public understanding of the American system of law and justice."

In the category of magazines with more than a million circulation, we're ending a long winning streak by the news publications. *Newsweek, Time,* and *U.S. News & World Report* dominated the competition for this award throughout the '70s, and we're particularly pleased that by cracking their monopoly we're the first family service magazine to be a winner.

Another point of pride is that we were cited for five articles—not just for one, which could have seemed like a fluke—and that the five titles cover a broad range of family interests: "Your Rights With Your Creditors," "Are You Paying More Property Tax Than the Law Requires?," "Rights and Responsibilities of Pet Ownership," "Handicapped Children in the Classroom—What 'Mainstreaming' Is All About," and "What's Your Financial Liability With Your Kids?"



Photograph: Mike Dieter

These articles were produced by our Features department. Specifically, the three people who deserve to share the credit are Margaret Daly, who directs this department from New York; Barbara Humeston, an editor on her staff in Des Moines; and former contributor Barbara Mantz, who recently embarked on a new career as Assistant City Editor of the Peoria (Illinois) Journal Star.

Our Features editors form a sort of catchall department whose mode of operations is unique on the staff. They rely much more heavily on words than do their colleagues. Sometimes we refer to them intramurally as "the text people" because they lack the opportunities so common in other departments to strengthen a story by using large color photographs.

Historically, the Features department is also our youngest. Most of the major subjects we treat editorially—building, gardening, decorating, food—have been prominent in our pages since 1922. By comparison, the Features department is still in short pants. But it's come a long way after getting a late start, primarily by constantly embracing new subjects. First came money management, new products, and pets. Health coverage was next, then an extensive travel program. Articles about cars were a natural adjunct. After sputnik, editorial coverage of education was launched. Later came civil rights, the concerns of the elderly, consumer affairs, and family legal matters, which we've been covering on a regular basis for only five or six years.

People unaware of how our magazine has changed—those who still identify *BH&G* with only houses, roses, and apple pie—may learn with surprise that our small band of text people now fill about a quarter of our editorial pages. No other department is allotted as much space.

Mostly, this growth is a reflection of our readers' expanded interests. But it also reflects an impression around here that the half dozen members of our Features department are turning out a goodly amount of first-class work. It's gratifying that the ABA's awards committee agrees.

Gordon Greer

Gordon Greer, Editor

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SHARP INTRODUCES THE UNBEATABLE COMBINATION. THE CONVECTION MICROWAVE OVEN.



IT'S A CONVECTION OVEN.

Sharp's convection oven is unbeatable for foods like bread, cakes, pastries and pies.

Because it circulates the air to cook foods faster than any conventional oven.

And this constantly moving air surrounds the food to quickly heat the outer portions, thereby sealing in the moisture and natural juices.

So food tastes more flavorful and looks as good as it tastes.

Because Sharp's convection oven browns and crisps as easy as pie.

Whether it's an apple pie with that golden-brown crust, or a crisp pizza with everything on it.

For foods like these, you need the dry heat of convection cooking.

But other foods need the moist heat only a microwave oven gives.

IT'S A MICROWAVE OVEN.

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IT'S AN UNBEATABLE COMBINATION.

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The new Sharp convection microwave oven (Model R-8310).

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Mrs. Paul's recipe for Success

FISH AND RICE NAPOLI

1 pkg. (9 oz.) Mrs. Paul's Crunchy Light Batter Mild & Flaky Fish Fillets
1 bag Success Rice
1 tablespoon butter or margarine
1 cup sliced fresh mushrooms
¼ cup chopped onion
1 clove garlic, minced
¼ cup sliced ripe olives
1 can (15 oz.) tomato sauce
⅛ teaspoon oregano leaves
1 cup shredded Mozzarella cheese

Cook fish fillets and rice according to directions on packages. While cooking, melt butter in saucepan. Add mushrooms, onion and garlic; sauté until tender. Stir in tomato sauce, olives and oregano. Heat to a simmer. Empty rice onto oven-proof platter. Arrange fish fillets on top. Pour some sauce over. Sprinkle with cheese. Place under hot broiler for 3-5 minutes or until cheese is melted. Serve with remaining sauce. Makes 4-5 servings.

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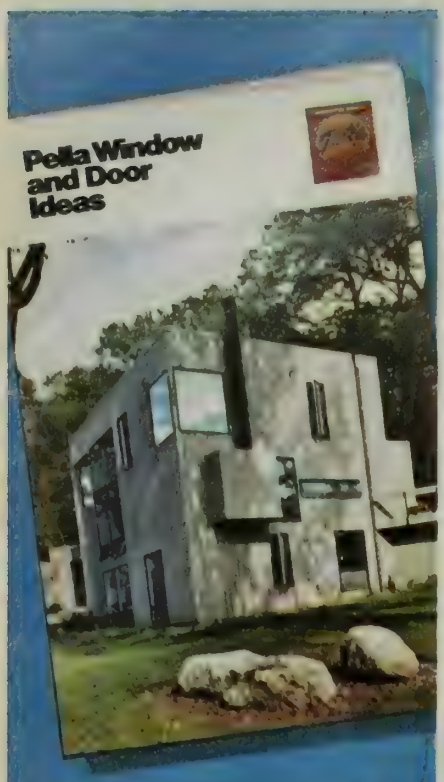
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- *America boasts a rich and bountiful food history that's well worth exploring. This month, our cross-country cook's tour takes you to the South and West, where you'll garner some favorite regional recipes to try out right in your own kitchen.*



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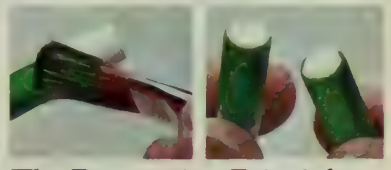


Colgate says "no"!
Teeth are constantly under attack. That's because the mouth is a natural breeding ground for bacteria which produce decay acids. Even tough teeth can have imperfections where decay can get a foothold. But it's a proven scientific fact that tooth enamel can be strengthened to resist cavities.

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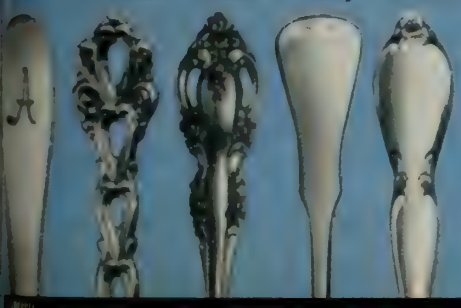
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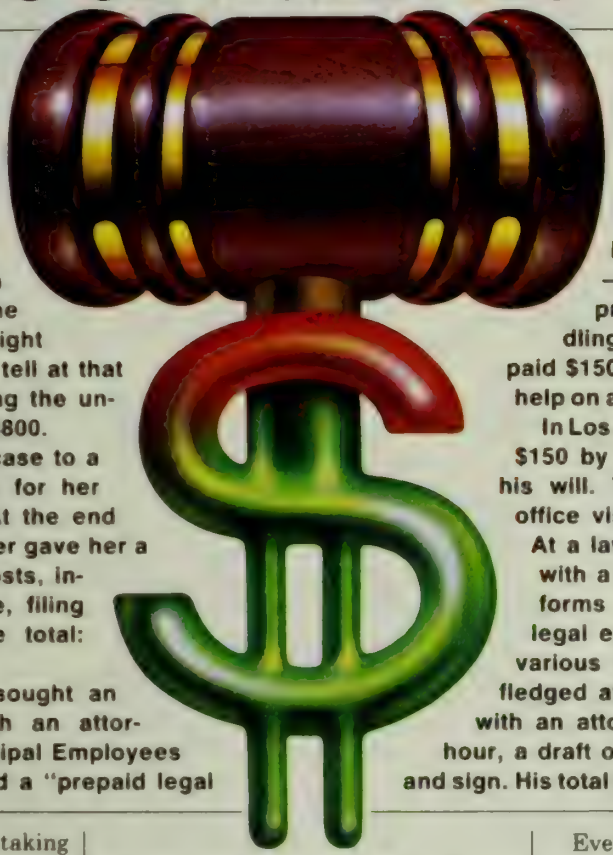


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Margaret Daly

Low-cost legal help:

HOW TO GET IT WHEN YOU NEED IT



In White Plains, New York, a young woman seeking a divorce went to a local law firm. She and her husband had no children and were in agreement about property division. She paid a $50 fee for the initial consultation with the lawyer, and when she asked what the total costs might be, he said it was difficult to tell at that point. Her final bill for gaining the uncontested divorce was about $800.

A neighbor took a similar case to a local legal "clinic." The fee for her first consultation was $20. At the end of that first session, the lawyer gave her a written estimate of further costs, including the rate for his time, filing fees, and court costs. The total: about $350.

Still another young lady sought an uncontested divorce through an attorney on the staff of the Municipal Employees Legal Services who managed a "prepaid legal plan" for her union. The divorce cost to her was nothing. (An annual fee of $37 had been paid by her employer for the prepaid plan.)

In Atlanta, a couple buying a $75,000 house paid $750—one percent of the purchase price—to an attorney for handling the deal. Another couple paid $150 at a legal clinic for the same help on a similar house.

In Los Angeles, a man was charged $150 by a major law firm for drafting his will. The procedure required two office visits and several phone calls. At a law office nearby, another man with a similar estate filled out some forms with the guidance of a paralegal employee (someone trained in various legal matters but not a full-fledged attorney). Then the man talked with an attorney in the office. Within an hour, a draft of his will was ready to review and sign. His total bill: $55.

Some important changes are taking place in various legal services—especially for family legal problems—and costs often run considerably less than what has been charged in the past. Some of the factors behind the trend:

- *More competition.* Thanks to recent decisions by the Supreme Court to allow lawyers to advertise and to prohibit price-fixing, many legal services have been opened to more competitive pricing.
- *Streamlined procedures.* Standardized forms, computers, and other technological aids have helped speed up some tasks and hold down overhead. So has the use of paralegals.
- *Consumer awareness.* There's a growing recognition among consumers and many lawyers that legal tasks are often routine and need not take lots of time or expense to solve. By standardizing procedures and building business volume through advertising, many firms can hold costs down—especially in common areas of family law such as estate planning, home purchases, divorces, and adoptions.

Consumers are also becoming more aware that using a lawyer is not necessary for many tasks and that solving some legal problems need not be costly. Institutions such as the small claims court have helped. So has the wider availability of general information about legal rights and procedures. The result has been to remove some of the traditional "mystique" of the law and to encourage people to seek solutions to problems they might have thought were impossible—or too costly—to solve in the past.

Sorting the routine from the complex

It's important to remember that not all legal matters are routine. Some problems may not be as simple as they first appear. If you seek legal help primarily on the basis of cost, be aware of the potential risks.

Even though some legal matters can be complex, others are not nearly so complicated as they may seem to you. Most important, don't let a fear of high costs or the "mystique" of the law keep you from seeking advice when you need it. Chances are, some of the new legal services can help. There also are many good traditional firms to tap.

Legal clinics

In the past few years, legal clinics have burgeoned in many urban centers, including Los Angeles, San Francisco, Denver, Phoenix, Baltimore, Philadelphia, Chicago, New York, and Washington, D.C. The movement seems to be growing in numbers and spreading geographically.

Since any law firm can hang out a "legal clinic" shingle and advertise, make sure the clinic you contact is legitimate. Ask the attorney how many cases like yours he or she has handled

continued

Art: Chuck Boie, The Art Factory

continued

Low-cost legal help:
HOW TO GET IT WHEN YOU NEED IT

and how long your case will take. Get a written fee quotation that includes court costs, filing fees, disbursement costs, and any other "extras." Ask for the names of clients you can check with. Also, call the state bar association to see if the lawyer has a clean bill of health.

Most clinics are designed to offer inexpensive legal help to middle-income families. Such families don't meet the low-income requirements of legal aid (the criteria for legal aid vary by state law, but a typical family-income ceiling would be less than $500 a month). On the other hand, middle-income families often cannot afford the fees of many law firms (where typical per-hour costs run from $35 to $75 or more). Clinics often stay open in the evenings and on weekends.

Typical cases a clinic will handle include uncontested (and sometimes contested) divorces, bankruptcies, personal injuries, adoptions, wills, disability claims, landlord-tenant disputes, drunk driving charges, small claims, name changes, and social security and unemployment hearings. Some clinics handle criminal matters as well. A few also offer self-help services; they'll guide a client in defending himself in traffic court, for example.

Clinic charges for most routine matters like simple wills and divorces often —but not always—run from 25 to 30 percent less than those of a regular law firm. Low overhead is one key to the clinics' modest charges. Offices are often storefront operations, with unprepossessing decor. Often the lawyers are young, but quite capable of handling most day-to-day legal business. At many clinics, the use of standardized forms, technological aids, and paralegals helps to hold costs down. Many regular law firms also have adopted such methods.

Initial consultations at clinics are free or modestly priced at $15 or $20. (Incidentally, most traditional firms do *not* charge an initial consultation fee—provided it's clear that you are shopping for a lawyer rather than seeking specific information about the law



or specific legal advice in that meeting. During the consultation, be sure to ask for a written estimate of future costs.)

When you go to a clinic, a trained secretary or a paralegal generally will talk to you first and take down all the pertinent information on a standardized form. Then you'll consult with a clinic lawyer—often one who specializes in the kind of problem you have.

Sometimes the matter can be handled quickly—a standard will or uncontested divorce papers, for example, might even be typed out on an automatic machine. If further steps must be taken, the attorney will advise you what to do on your own, or what your costs will be if you need further legal help. If your problem is beyond the scope of the clinic, you may be referred to other professionals.

To find a clinic in your area, watch for ads and handout brochures that list the clinic's services and fees. Also check the Yellow Pages and get clinic names from local consumer action groups or your state or county bar association. The National Resource Center for Consumers of Legal Services offers some information on clinics but makes no recommendations. You can reach the center at 1802 18th Street, N.W., Washington, DC 20036.

Group and prepaid legal plans

These operate rather like group health insurance: A set annual fee entitles you to certain legal services throughout the year. With some plans, additional services are also available, often at a discount of 30 percent or so.

Current estimates are that from five to six million people are covered under such plans—about three-fourths fully prepaid under programs sponsored by employers, unions, or organizations like credit unions. Often these sponsors will pay part of any additional legal fees you incur through the plan. With other plans, participants sign up on an individual basis, at costs ranging from $40 to $120 or more. Some plans limit you to a specific roster of lawyers. Other plans allow you to choose your lawyer. Those plans may cost more, though many will pick up part of your additional outlay for specified legal services.

About a quarter of all prepaid plans are the so-called "advice and referral" plans. For anywhere from $10 to $40 a year ($25 is average), you are entitled to unlimited free advice by phone on a variety of common legal problems. (Many plans exclude criminal cases.) Under most plans, the attorney will make a phone call or write a letter on your behalf at no extra cost. If more action is required, you'll be referred to an attorney in your area who has agreed to charge a set fee—generally less than what you'd pay on your own.

For information, contact the National Resource Center or the American Prepaid Legal Services Institute, 1155 E. 60th St., Chicago, IL 60637.

Legal information sources

It's often possible to solve legal problems on your own, once you have some basic information in hand. One way to get answers is through a phone-in system such as Tel-Law, which now operates in 13 states. Tel-Law distributes pamphlets listing a variety of typical legal problems by number. (Sample listing: "What taxes have to be paid when someone dies?") When you phone in, you'll hear a tape describing the basic facts under your state law. You'll find this free service listed in the White Pages under "Tel-Law" or the Yellow Pages under "Legal Referral Services." Most state and local bar associations also provide booklets on specific legal problems.

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Dan Kaercher

Senility

A MISDIAGNOSIS?

The time has come to retire the word "senility"! Because of the widespread misuse of this term in medical diagnosis, thousands of Americans—no one really knows how many—are unjustly institutionalized or otherwise "shelved" by society.

In reality, what many laymen and physicians alike call "senility" often is the result of medical problems that can be corrected. Rather than being hopelessly incapacitated, many "senile" older persons suffer from physical maladies that can cloud mental alertness—disorders like heart conditions, stroke, vitamin deficiencies, and hormone imbalances. Depression and certain medications also can induce mental confusion in the elderly.

Could a misdiagnosis of senility happen to an older loved one in your family? Not if you know the truth about senility—as well as where to seek help and what questions to ask.

Dr. Robert N. Butler, director of the National Institute on Aging (NIA) and a leading geriatric psychiatrist, estimates that as many as 300,000 older Americans presently may be misdiagnosed as senile—although precise figures are understandably hard to come by. He warns that the disorders that cause people to appear senile can indeed lead to permanent mental deterioration—if they are undiagnosed and untreated.

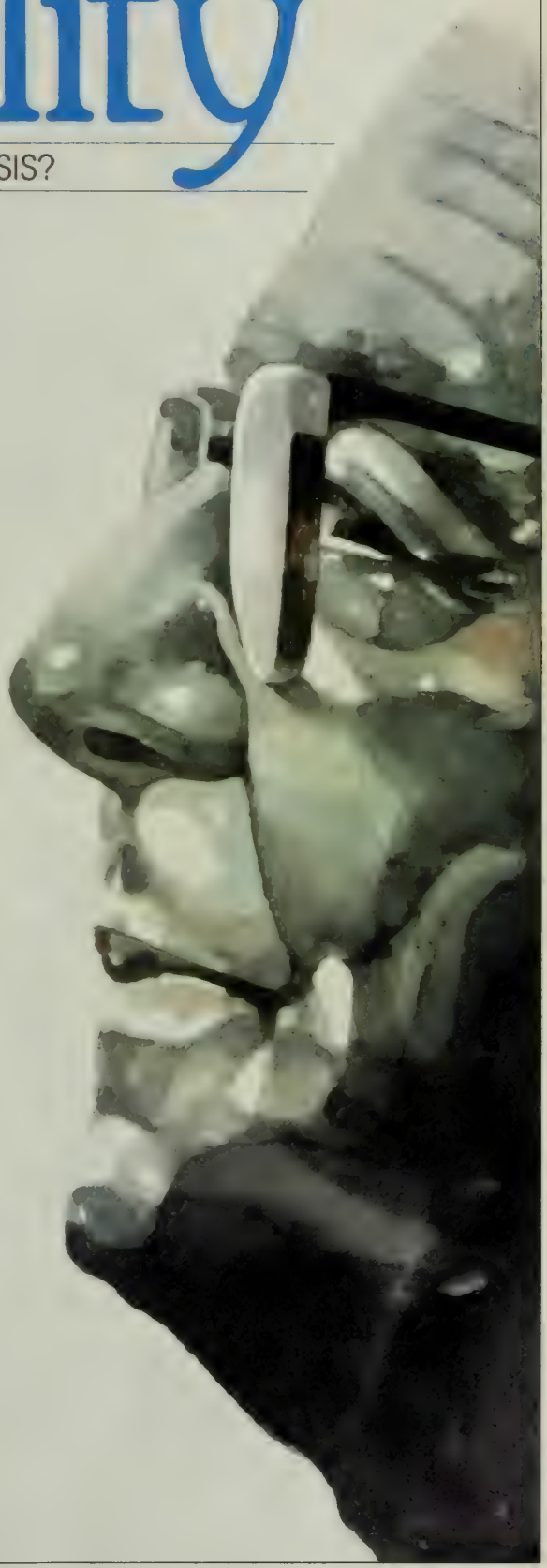
Such mental symptoms among the elderly can be compared to reactions that occur in the very young: Youngsters often respond to a very high fever with convulsions that are temporary and readily relieved. In the elderly, the reaction to the underlying illness is not a convulsion, but often is mental confusion.

This "generalized brain reaction" is temporary and self-correcting, once the underlying condition is diagnosed and treated. Yet many experts on aging believe that physicians are too quick to label any mental change in an older person as senility.

The importance of early and thorough testing to determine the real problem is emphasized by Richard W. Besdine, M.D., of Boston's Beth Israel Hospital. Dr. Besdine, who chaired the NIA Task Force on Senility, says "The older person with cognitive loss usually gets one chance at evaluation. Rarely is a second evaluation done. If you miss the correct cause of the symptoms the first time, you may lose the patient forever."

continued

Illustration: Mike Durbin



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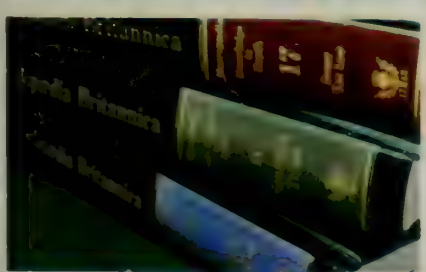
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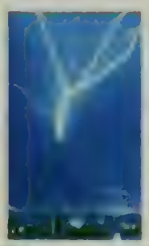
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begins on page 27

Senility

What is senility, really?

Senility is defined in medical dictionaries as the sum of the physical and mental changes of aging. But when it is pronounced as a diagnosis by a physician, senility usually implies a frighteningly irreversible and degenerative mental disease.

Geriatricians (doctors who specialize in the care of the elderly) are unanimous in condemning the use of senility as a diagnosis. As Dr. Butler explains: "The term 'senility' has no real medical legitimacy and is not used in any medical list of diagnostic terms."

Nevertheless, many physicians still mistakenly diagnose as "senile" elderly patients with symptoms like these:

- disorientation about time or place (such as what time of day it is or where one is)
- defects in thinking or judgment (such as unfounded suspicions about being victimized)
- lack of personal care (such as failing to shave or bathe regularly)
- failure to do routine tasks (such as not paying monthly bills)

In at least half of these cases, the underlying cause is a brain disorder called Alzheimer's disease—the prototype of what many persons loosely refer to as senility.

Alzheimer's disease is devastating and dehumanizing. It commonly starts in the 40s or 50s as memory loss followed by impaired judgment or slow thinking. Later, the disease causes disorientation, speech problems, neglect of personal care, and severe emotional disturbances.

Alzheimer's disease is little understood and has no known cure (although promising studies are under way at Beth Israel Hospital in Boston, the University of Washington in Seattle, the Albert Einstein College of Medicine in New York City, and other institutions). However, many "senile" persons do not have Alzheimer's disease or related disorders; these men and women are the victims of *pseudosenility,* which usually has a bright prognosis.

What is meant by the term pseudosenility?

Authorities on aging recently introduced the term pseudosenility to alert doctors to the fact that mental confusion often does not signal Alzheimer's disease, but instead can be characteristic of reversible conditions.

While the mind typically remains alert as a person ages, the body does change. Pseudosenility can be caused by any bodily disorder that deprives the brain of oxygen or nutrients such as glucose, a sugar.

There are more than 100 maladies that can cause pseudosenility. Detecting the underlying disorder in a given case can be complicated by the fact that older adults often don't have the classic symptoms of a disease (for example, a heart attack may cause no chest pain). The only apparent symptoms of a physical disorder may be mental confusion and disorientation—mistakenly labeled "senility."

Among the physical disorders that can cause pseudosenility are: pneumonia, emphysema, heart problems, stroke, thyroid hormone imbalance, urinary tract disturbances, viral infections, diabetes, anemia, and liver and kidney conditions.

Are there other factors that can lead to pseudosenility?

Yes. *Medications* can be another contributor. In elderly persons, the liver and kidneys, which break down and excrete drugs, are no longer as efficient or fast-acting. Because of this, medications often remain in the elderly person's body much longer than in a younger person's. Also, the older person's brain seems to react differently than a younger person's to some drugs, particularly mood-altering medications. Sedatives, tranquilizers, and even antihistamines may cause temporary mental impairments in an elderly person. As a result, medications must be prescribed with care.

Depression or acute emotional distress (such as that resulting from the death of a spouse) is a frequent cause of pseudosenility. In the elderly person, depression often is characterized by decreased attention span and memory. These symptoms often overshadow the more typical symptoms of sadness and dejection, making depression more dif-

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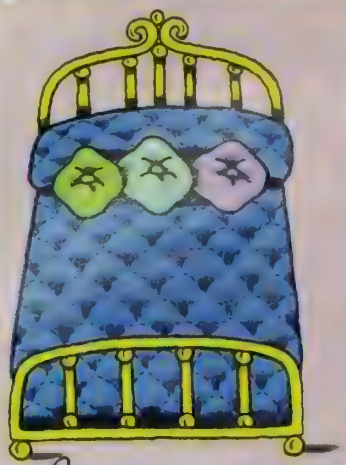
Typical case histories

- A big-city executive in his 60s slows down both physically and mentally. He becomes increasingly disoriented and confused and neglects all bodily care. The initial diagnosis: "senility." However, his family decides to seek another opinion—and the real problem is identified. The patient is suffering from depression, a very common problem in older adults. He is successfully treated with therapy and drugs by a geriatric psychiatrist.
- A woman in her 80s awakens in a hospital room following an accident and subsequent hip surgery. She has been heavily sedated and becomes disoriented and confused. The woman is labeled "senile" until an alert doctor stops the drugs. After the staff begins addressing the woman by her name and carefully explaining what is being done for her, she becomes reoriented to the world around her.
- A 70-year-old engineer suddenly becomes disoriented; his doctor quickly diagnoses the problem as untreatable senility. The doctor prescribes a nursing home or mental institution. The engineer's wife refuses but does have him enter a general hospital for an evaluation of his mental and physical condition. Within one week, he's himself again: A careful medical examination has revealed a common, easily treated viral infection.
- A housewife, 74 years of age, is found wandering aimlessly in the street—not knowing where she is or where she lives. At first she is labeled "senile" by neighborhood bystanders, but later she is found to have several medical problems: mild heart failure and some anemia aggravated by dehydration. After the physical problems are brought under control with proper medical care, the woman becomes herself again mentally.


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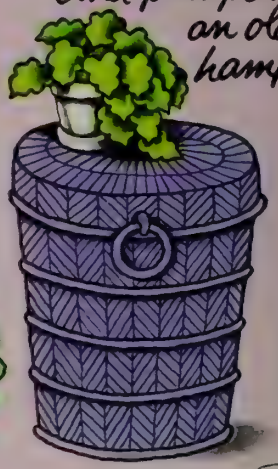


Recycle a quilt. Spread some color around.

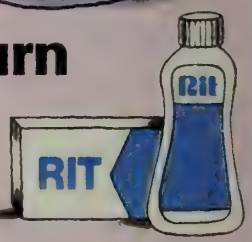
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epc International

continued

Senility

ficult to diagnose in the elderly.

Malnutrition can be yet another cause of pseudosenility. More than 10 percent of older adults are thought to suffer simultaneous deficiencies of at least three of the four most important vitamins (thiamine, riboflavin, vitamin C, and vitamin A).

Why is senility so often misdiagnosed?

Perhaps the major reason is that we *expect* the elderly to become senile. Generally we tend to regard the older or retired person as "over the hill." According to Dr. Butler, "Americans suffer from a personal and an institutionalized prejudice against older people."

Unfortunately, some doctors share this prejudice against the elderly. "Some physicians take the point of view that the elderly are sort of surplus citizenry who are headed downhill," observes Dr. Isadore Rossman, an expert on geriatrics and professor of medicine at Albert Einstein College of Medicine. While many physicians do provide excellent care for the elderly, some others are not as attentive to the elderly as they are to young and even middle-aged patients.

Compounding the problem is the fact that the elderly themselves often share such negative thinking. This may make them lax about seeking treatment for medical problems or asking for a second opinion. Sadly, once a person is labeled "senile" the possible cause of the problem may never be known.

Isn't mental aging inevitable?

No, according to a study of nearly 1,000 people between the ages of 60 and 90 conducted by the Duke University Center for the Study of Aging and Human Development. According to the center's director, Dr. George L. Maddox, "Our psychological testing has revealed a quite remarkable capacity in the healthy older person to respond to an IQ test and to learn new things."

These findings are corroborated by a National Institute of Mental Health study. Here, researchers found that medically healthy men and women in the 60-90 age range were "generally flexible and had alert, keen minds . . . (they were) constructive, resourceful, and optimistic."

There is no real evidence that memory is lost by the elderly under normal conditions.

How can you find a physician who is sensitive to the needs of the elderly?

Obviously, a geriatrician—a doctor who specializes in the care of the elderly—would be ideal, but there are only a handful of these specialists in the U.S. today.

Only recently, an American Medical Association newsletter for doctors reported these results from a survey of practicing physicians: 75 percent of the respondents admitted they need more training in geriatrics. The United States has only one fully endowed professorship in geriatrics, compared to a score or more professorships in Western Europe alone.

continued

WHEN THINGS GET HOT, SARAN WRAP BEATS THE OTHERS COLD.



SARAN WRAP, BEFORE:
Buttered corn wrapped in Saran Wrap and vented to insure proper cooking. Placed in oven for $3\frac{1}{2}$ minutes.



AFTER:
No damage.



A LEADING COMPETITOR, BEFORE:
The same method of testing used as for Saran Wrap.



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The toughest proving ground for any wrap is the microwave oven. So to prove how good Saran Wrap* is, we conducted the above demonstration.

While a leading competitor, and other wraps, melted, dissolved or ended up with holes in them, Saran Wrap survived.

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The secret of its superiority is its unique molecular structure. Whenever the heat's on, Saran Wrap won't fall apart. And your dinner will come out of the oven tasting as good as it should.

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continued

Senility

Here are three guidelines for finding the physician best able to deal with the special problems of the elderly:

1. All other things being equal—knowledge, training, and expertise—an older physician often is more empathetic. He or she is more likely to thoroughly examine elderly patients, make the correct diagnosis, and provide the necessary care.

2. An internist, or better yet a family physician, will be more likely than many specialists to detect problems that involve the "whole person."

3. Don't continue consulting a physician who talks of "senility" in making a diagnosis or who patronizes the older person.

For a physician referral, call the department of medicine at your local medical school, or a large hospital. Ask for the names of any general physicians who are particularly interested in the care of the elderly. Sound out a prospective doctor by asking questions about new developments in geriatrics.

A consultation is called for when a physician makes a diagnosis of Alzheimer's disease. The only specialist qualified to make this diagnosis is a geriatrician or a neurologist or a geriatric psychiatrist.

For further information

- Free fact sheets, *Finding Good Medical Care* and *Senility,* are available from the National Institute on Aging, 9000 Rockville Pike, Bethesda, MD 20014. Ask to be put on the mailing list for *The Age Page,* a free newsletter on current health issues concerning elderly Americans.
- To learn more about self-help groups for families affected by Alzheimer's disease and related disorders, call or write ASIST, University of Washington, Department of Psychiatry and Behavioral Sciences RP-10, Seattle, WA 98195 (phone 206/543-7728).

—Arthur S. Freese

Get fiber into more foods your family will like.
Like Chocolate Chip Cookies.



Chocolate Chip Cookies

2¼ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
½ cup margarine or butter, softened
½ cup shortening
¾ cup granulated sugar
¾ cup firmly packed brown sugar
2 eggs
1 teaspoon vanilla flavoring
1 cup KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
1 pkg. (6 oz., 1 cup) semi-sweet chocolate morsels

Stir together flour, soda and salt. Beat margarine, shortening, granulated sugar and brown sugar until well blended. Beat in eggs and vanilla. Mix in dry ingredients. Stir in cereal and chocolate morsels. Drop by level measuring-tablespoon onto greased baking sheets. Bake at 350° F. about 12 minutes or until lightly browned. Remove from baking sheets. YIELD: 5 dozen.

Variations: In place of the All-Bran cereal, use 2 cups KELLOGG'S® 40% BRAN FLAKES cereal. Or crush 1 cup KELLOGG'S® CRACKLIN' BRAN® cereal to coarse crumbs.

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Lights Reg.: 11 mg "tar," 0.8 mg nicotine—
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100's Soft Pack, Reg. Box: 17 mg "tar," 1.1 mg nicotine—100's Men. Box: 16 mg "tar," 1.1 mg nicotine av. per cigarette, FTC Report Dec. '79.

29 **100** candles & pr. silver candlesticks

30 **100** lbs chocolate covered pretzels

31 **100** [illegible] at a [illegible]

32 **100** hrs [illegible] at Mardi Gras *

33 **100** restaurant ashtrays

34 **100** 2 x 4's & a table saw

35 **100** yds. hot dogs & a keg of kraut

36 **100** [illegible] glasses & a hammock

37 **100** [illegible] & a fountain

38 **100** hrs chauffeur service

39 **100** down feather comforters

40 **100** yds bologna & a slicing machine

41 **100** liters of spring water

42 **100** lbs clay & a potter's wheel

43 **100** pgs instructions & a home computer

44 **100** yd [illegible] *

45 **100** [illegible]

46 **100** in tandem bicycle

47 **100** Ping Pong® balls & a table

48 **100** oz. tanning lotion in Acapulco *

49 **100** lbs coffee beans & grinder

50 **100** lbs [illegible]

51 **100** " [illegible]

52 **100** wks [illegible]

53 **100** cu. ft [illegible]

54 **100** pts maple syrup & a flapjack flipper

55 **100** TV Guides® & a color TV

56 **100** mystery novels & a trench coat

57 **100** ties & a tie bar

58 **100** [illegible]

59 **100** in Wiffle®

60 **100** thous ft paper towels

61 **100** Brazil nuts in Rio *

62 **100** rolls postage stamps

63 **100** pkts seeds & a window greenhouse

64 **100** doz [illegible]

65 **100** lbs fortune cookies & a star chart

66 **100** [illegible] windjammer cruise *

67 **100** Susan B. Anthony dollars

68 **100** sheets music & a piano

69 **100** ft young cherry trees & an ax

70 **100** lbs moped

71 **100** £ Buckingham Palace

72 **100** doz [illegible]

73 **100** lbs [illegible]

74 **100** doz balloons & a p[illegible]

75 **100** pairs [illegible]

76 **100** pts cream & an ice cream maker

77 **100** doz Swedish meatballs & a Crock Pot®

78 **100** lbs [illegible]

79 **100** golfballs at St. Andrews *

80 **100** VOTE old campaign buttons

81 **100** crates of oranges

82 **100** sq. ft trampoline

83 **100** massages & a Turkish towel

84 **100** quarters & a pinball machine

85 **100** sq. " sail & a Sunfish®

86 **100** lbs spareribs & a barbecue grill

87 **100** rags & $1000 in riches

88 **100** sq. ins tim your name in neon

89 **100** mi rafting down the Colorado *

90 **100** ft dental floss & a gold toothpick

91 **100** apple pies

92 **100** sq. ft ITALIA Italian ceramic tiles

93 **100** mm lens & a 35mm camera

94 **100** thous mold fossil

95 **100** THESAURUS crossword puzzles & a thesaurus

96 **100** lbs paper & an electric typewriter

97 **100** watt bulb & a Tiffany-style lamp

98 **100** -power telescope

99 **100** bagels & lox

100 **100** ctns Benson & Hedges Lights or 100's

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1. Write the number of the sweepstakes you wish to enter in the space provided on the official entry blank, or on a plain piece of 3" x 5" paper.
2. Hand-print your name, address and zip code on your entry. Include with it the bottom panels from two empty packs of Benson & Hedges 100's or Benson & Hedges Lights. Regular or Menthol or the words "Benson & Hedges 100's" hand-printed on a plain piece of paper.
3. Enter as often as you wish, but you may enter only one sweepstakes per envelope, and each envelope must be mailed separately to: Benson & Hedges 100's, P.O. Box 2217, Westbury, New York 11591. Entries must be postmarked by February 9, 1981.
4. **IMPORTANT:** You must write the number of the sweepstakes you are entering on the outside of the envelope, in the lower left-hand corner.
5. **Winners will be selected in random drawings from entries for sweepstakes by National Judging Institute, Inc., an independent judging organization whose decisions are final. Winners will be asked to execute an affidavit of release and eligibility. All prizes will be awarded. Only one prize to a family. Liability for taxes is sole responsibility of individual winners. In lieu of prize, winner may elect to receive a cash award of $200.**
6. Sweepstakes open to all U.S. residents over 21 years of age, except employees and their families of Philip Morris Inc., its advertising agency, Don Jagoda Associates, Inc., and National Judging Institute, Inc. This offer is subject to all Federal, State and local laws. Void in Michigan and wherever prohibited, restricted or taxed.
7. **For a list of winners, send a stamped, self-addressed envelope to Benson & Hedges Winners' List, P.O. Box 2381, Westbury, New York 11591. Winners' List will be available by May 15, 1981.**

Benson & Hedges 100's, P.O. Box 2217
Westbury, New York 11591

I've chosen the following Sweepstakes and I've read the rules carefully. The Sweepstakes number is _____ and the prize is _____

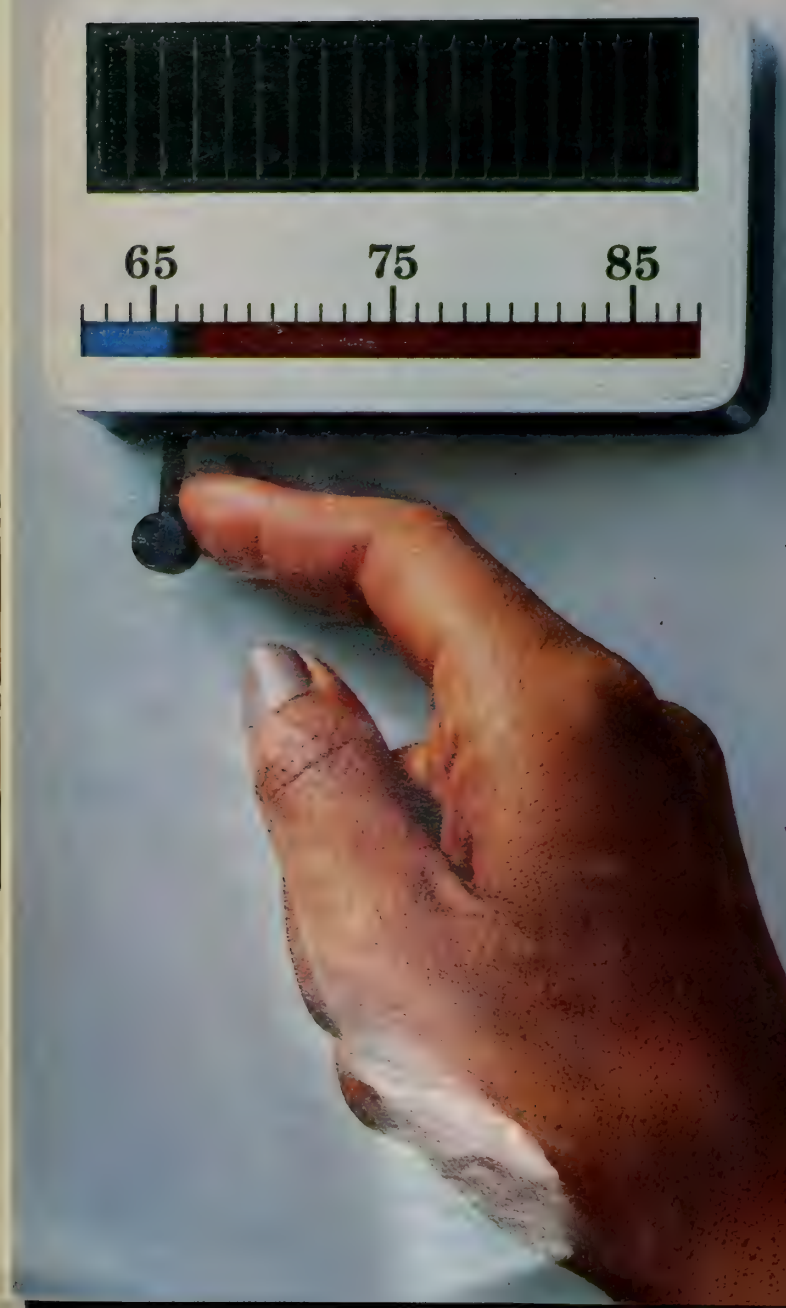
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ARCO

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Even if your windows are tightly caulked and weather-stripped, they still play hob with your heat bills. Energy pros estimate that those rectangular portholes—even if they're double-glazed—are responsible for anywhere from 15 to 40 percent of your home's heat loss.

But there's a plus side, too. Large expanses of glass in south walls collect a substantial amount of solar heat. And *all* windows admit free, natural light.

You can keep that light and warmth coming in—and still stop fuel-heated air from escaping at night—by using a special movable form of insulation. It can boost the R factor of those chunks of thin glass from a measly .88 to a hefty 5, 10, or even 13, depending on the type of insulation you use. You can make your own coverings, or purchase a ready-made product like those shown here. Because the insulation is movable, you can let in the sun during the day and close out the cold at night (when 75 percent of all heat loss occurs). In summer you just reverse the process.

Here are seven different window barriers to give you an idea of what's on the market. If you would like to read more, we highly recommend the books on page 212. In addition, we've compiled a listing of movable insulation manufacturers which is available for a nominal handling fee. To order the list, see page 100.

ENERGY-SMART Window Coverings

By David Haupert and CarolAnn Shindelar

Quilted shade

Hanging this puffy shade in front of your window is like wrapping the glass in a cozy comforter. The shade is made like a quilt; it has a thick fiber filling stuffed between two layers of fabric. The fabric that faces the room has a reflective metal surface that radiates warmth back into the space.

In this installation, a flowered print covering was attached over the metallic barrier. If you intend to cover your quilt with fabric, it's best to get plastic fasteners from the manufacturer.

The quilt is carried on a track and folds up into eight-inch pleats like a Roman shade. It can span widths and heights of any size and can travel up curved greenhouse glass. To minimize air infiltration, the shade has a roll seal and is held firmly against the wall (or glass) under tension. The shade can be operated automatically by an optional small motor.

The cost of the quilt (including the track and motor) is $5 to $8 per square foot, depending on the size and complexity of the installation. The R factor of the shade with one layer of fixed glass is 7.

continued



Photograph: Gorchev and Gorchev. Field editor: Estelle Guralnick

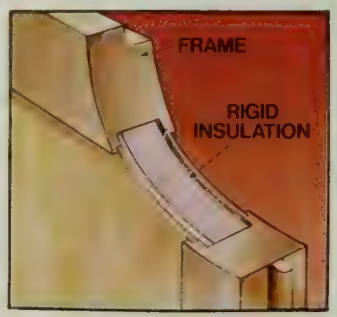
Folding shutter

At first glance, these look like conventional kitchen shutters, but up close you'll notice their unusually solid construction.

The panels are 1⅜ inches thick and are constructed of birch plywood over a hardwood frame. Each panel is filled with a ¾-inch core of insulation that's faced with reflective foil. In the "full mount" model (shown), the panels are hinged to special molding which replaces the existing casing around your window. The horizontal strip across the top of the window is also provided.

If you prefer to mount the shutters inside the existing casing, you can order the "inside mount" style.

The R factor of the shutters with fixed single glazing is 9.1; the approximate square footage cost is $9.15 for flush-faced shutters and $13.50 for inset panel shutters (shown).





Insulating drapery

No one who walks into this dining room would ever suspect that the draperies covering the patio door have insulating value. They're made of treated cotton that's as handsome as any decorator fabric. But what sets these draperies apart are a water-repellent, ultraviolet-inhibiting lining and an insulating layer of polyester fiberfill.

To install the draperies, just mount a heavy-duty 13/16-inch curtain rod above your sliding doors and hang the draperies by the attached tabs. The draperies should hang as close to the wall as possible. Their insulating value is also increased if you thumb-tack the edges to the window frame and let the side flaps overlap when closed.

The standard size of the curtains is 45 by 84 inches, but you can order custom lengths to fit other windows. The curtains come in ecru (shown), tan, rust, and white.

The insulating value of the draperies with one layer of fixed glazing is approximately R-3. The standard size costs about $2.85 per square foot; write the manufacturer to get prices for other windows.

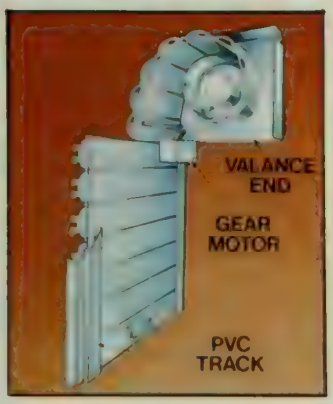


Photographs: William N. Hopkins



Slatted shade

Though it operates much like a shade, this roll-up unit could almost qualify as a shutter because of its rigidity. It's made of an interlocked series of hollow white PVC slats (see sketch) that have a cross section much like a slim D. Each slat is fitted at both ends with prongs that slide inside PVC edge tracks. Adhesive strips are attached to the backs of the tracks so you can mount them easily on the window casing. If the casing isn't flat, nail a mounting strip to its edge.



You can hide the rolled-up unit behind a valance or leave it exposed as pictured. (The two sections in the far corner permanently cover fixed glass—thus no rollers.)

Insulating capacity—over a single pane of glass—is rated at R-5. Approximate cost is $6 per square foot, including tracks and valance. An optional drive motor and automatic control box also are available.

continued



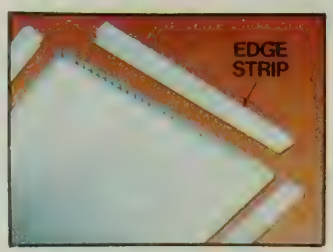
Photographs: Ted Vaughn

Translucent pop-in panel

That white rectangle covering the skylight may look opaque, but it's actually a glare-free translucent panel that admits 76 percent of outside light.

The double-walled polypropylene material is about ¼ inch thick and can be purchased in 2x8-, 3x8-, and 4x8-foot panels. It works well on windows, too. Some homeowners cut the panels to fit flush inside the window jamb; others prefer to overlap the window, fastening the panels to the casing with special mounting clips, Velcro fastener strips, magnets, or sliding tracks. You can cover the raw edges with a special edging sold with the panels, or ad-lib your own method.

A single panel—when combined with a window—has an R value of about 3.5 and retails for 65 cents per square foot. Edging is ten cents per foot.





Insulating drapery liner

You can install this product in minutes, simply by hanging it behind your draperies. Each 36x95-inch panel is fitted with grommets which slip onto existing drapery hooks. The panels have two sides—one a shiny aluminized polyester and the other a plain white vinyl. During the winter, you hang the shiny side toward the room to reradiate household heat inward. In the summer, you reverse the panels so the shiny side faces the windows and reflects the sun and heat outside.

To reduce infiltration, tape or staple the liners to the wall or casing at both ends of the windows, and join the panels with the adhesive strip attached to them. Keep the center joint snug with plastic clips provided by the manufacturer. And for a tight fit at the bottom, cut off each panel so it just touches the floor.

This product has an R value of 4 (in conjunction with single glazing) and retails for approximately 75 cents per square foot. The same material is also available in standard pull-down shades.



Photographs: William N. Hopkins



Five-layer shade

It's hard to believe that a roll-down device can give a window the same R factor as the wall next to it, but this system can. The shade is actually five layers of aluminized material—all fastened to one roller that's operated by a sprocket and small chain. As the shade is lowered, the layers separate and are kept apart by spacers (see sketch). When the shade is completely down, it's a fat two to 2½ inches thick.

As with all thermal products for windows, this one should be sealed around the perimeter to minimize air infiltration. You can either build your own housing or order the components pictured—side channels and an L-shaped top piece. Then install adhesive-backed jamb seals along the sides and top to reduce airflow even further. The framework probably will extend past your window ledge, so you may need to extend the ledge.

Persons outside the house see a shiny foil-like surface (or an optional white vinyl exterior), but the layer facing your room is white vinyl. You can leave it as is or cover it with a colorful fabric.

The shades, when used with single glazing, have an R factor of about 13 and cost approximately $4.50 per square foot—or $6 per square foot, including framing pieces and sealing strips.

Buying information, page 212



OPEN-PLAN KITCHEN

with out-of-sight storage

By Linda Joan Smith

Do you like the convenience of open shelving but wish you could stash everything out of sight when the cooking's over? This comfortable kitchen lets you do just that. And when the cooking gear is hidden away, the room can double as a cozy retreat that welcomes friends as well as family.



Photographs: William N. Hopkins. Design: Linda Joan Smith

How can one room be made to do so much? The keys are keeping the kitchen/dining space open and flexible, and hiding the bulk of the kitchen storage units behind a row of louvered doors. Specialized work centers are neatly closeted away, too—a design feature that you can adapt to your present kitchen. No, you needn't tear out everything you've got and start from scratch. You can choose just one of the work or storage centers, if you like, and fit it into any three- or four-foot space.

With the louvered doors closed, the kitchen is uncluttered but far from stark. The fresh, natural colors of pine and quarry tile and the soft, recessed lighting give the entire space a warm glow. At the near end of the room (see plan, *above*), a pillow-strewn window seat and rustic wood stove keep family and friends lingering long after dinner's over.

Buying information, page 212



OPEN-PLAN KITCHEN

with out-of-sight storage







A pullout pantry

The pantry unit, *top, near right,* is only three feet wide and 30 inches deep, but it holds as much as a conventional pantry twice its size. Six shelving units slide in and out on heavy-duty drawer glides, making excellent use of every inch of space. And since each shelving unit pulls out into the light and is accessible from both sides, it's next to impossible to lose track of your inventory.

Refreshments anyone?

The compact wet bar, *top, far right,* has its own tiny sink and under-counter refrigerator. Besides playing an important role at parties and buffet dinners, the bar is handy to the table for quick refills of milk and orange juice at breakfast time.

A closet-size bakery

Baking anything from cookies to croissants is a delight when all you need is right at your fingertips. Here, *right,* three U-shaped shelves wrap around the baking center work space to provide an eye-catching display of supplies and utensils. Deep drawers below hold numerous bowls and baking pans; vertical dividers to the right neatly pigeonhole cookie sheets and baking racks.

Table-setting center

More than just a china cupboard, this dish closet, *opposite,* holds everything you need to set the table. Deep shelves display fine china and everyday stoneware within easy reach. Below, a series of drawers in graduated sizes store candles, flatware, place mats, and a colorful collection of cloth napkins. Serving platters have their own niche; tablecloths hang neatly in a miniature closet.



OPEN-PLAN KITCHEN

with out-of-sight storage

The main cooking area at the far end of the kitchen is compact and efficient; there are only a few short steps between the refrigerator, sink, and range. Small, simple-to-build extras in the cooking alcove make everyday cooking tasks easier. Herbs and spices occupy a space-saving niche between the studs in the alcove wall (see bottom photo, *near right*). Knives line up in a pine rack attached to the trim of the backsplash where they're within easy reach for use at the butcher block counter top down below.

To the right of the drop-in range is a tile counter that can take the heat from just-out-of-the-oven casseroles and sizzling pots and pans. The built-in microwave just above is at eye level, so it's easy to tend dishes inside the oven without bending or stooping.

An angled island

An unusually shaped center island shelters the work area from cross-kitchen traffic (center photo, this page). The dishwasher, *lower right,* is located on the far side of the island to the left of the sink, directly across from the table-setting center. While dessert is being served, dinner dishes can be stacked on the counter in the dish closet, then loaded in the dishwasher when the party's over.

Quilted comfort

Family and company dinners alike seem extra-special when served in this cozy alcove, *opposite.* The pine trestle table and Windsor chairs are of Early American ancestry, but their light, natural finish makes them at home in this not-so-traditional room. A dimmer switch controls the brass track lights overhead.

The quilted shades at the alcove windows have a foil backing that reflects summer's noonday sun and helps contain indoor heat during winter. The shades fit snugly in wooden tracks at the sides of the windows; the tracks help to prevent air infiltration and give the muslin shades a finished, framed-in look. The shades and the pillows on the comfortably cushioned window seat were stenciled with a variety of Early American designs in rust and cobalt blue, then quilted by hand. For instructions, see page 52.



Pillow and shade design: Beth Kahler







Buying information, page 212



continued

Open-plan kitchen

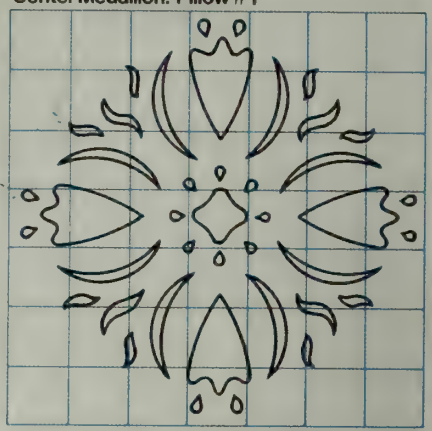
Quilted, stenciled pillows

Each pillow has its own stenciled and quilted front, calico ruffle, and matching calico back with zipper opening.

Materials: Unbleached muslin; coordinated calico fabrics; polyester quilt batting; ecru quilting thread; sewing thread to match calico materials; 12-inch zippers to match calico materials; fabric paint; stencil paper; stencil brushes; utility knife with new blades; stapler and staples; straight pins; piece of fiberboard or macrame board at least 16 inches square; spray adhesive or white glue.

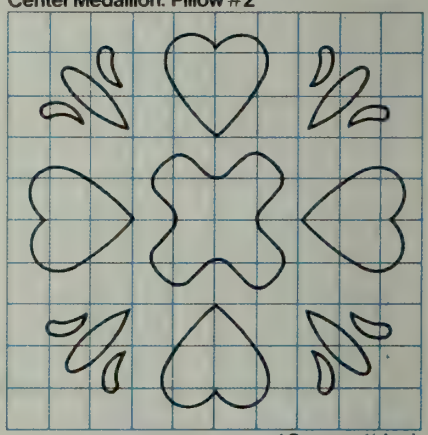
To prepare the pillow fronts, preshrink and iron the muslin. Cut two 15½x15½-inch squares of muslin for each pillow front. Cut one 15½-inch square of batting for each pillow front.

Center Medallion: Pillow #1



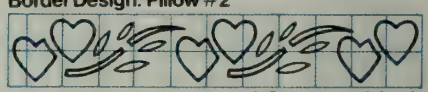
1 Square = 1 Inch

Center Medallion: Pillow #2



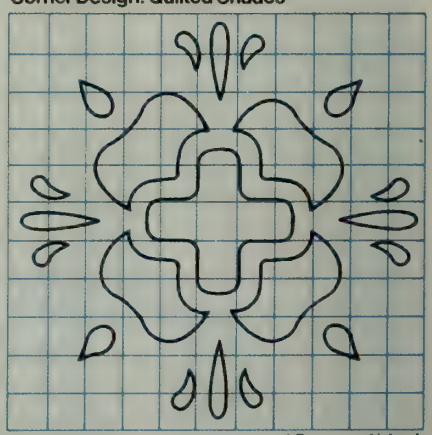
1 Square = ½ Inch

Border Design: Pillow #2



1 Square = 1 Inch

Center Medallion: Pillow #3
Corner Design: Quilted Shades



1 Square = ½ Inch

To cut the stencils and stencil the designs on the pillow fronts, consult the February, 1980, issue of *Better Homes and Gardens,* page 160. If you would like additional information on stenciling techniques, consult any of the

continued on page 58



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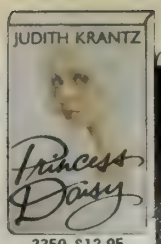
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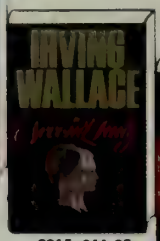
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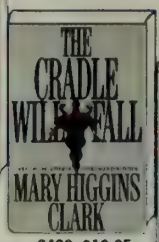
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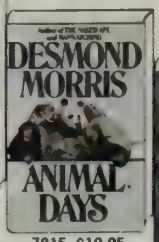
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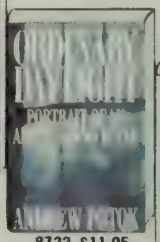
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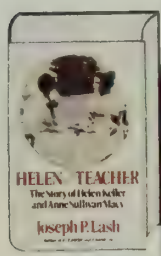
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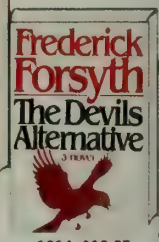
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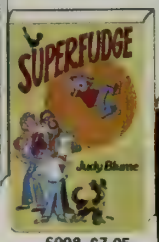
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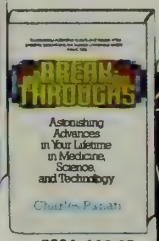
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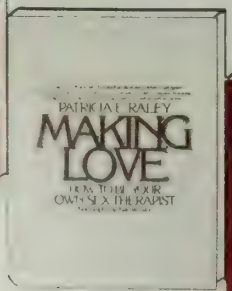
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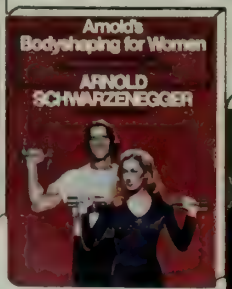
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continued from page 52

Open-plan kitchen

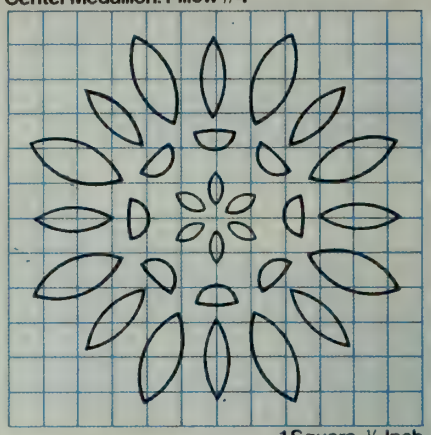
reference books listed below:
Stenciling, Pamela Riddle and Mary Jane Danley, Berkley Windhover Books, Berkley Publishing Corp., 200 Madison Ave., New York, NY 10016.
The Art of Decorative Stenciling, Adele Bishop and Cile Lord, The Viking Press, Inc., 625 Madison Ave., New York, NY 10022.
The Stencil Book, Jim Fobel and Jim Boleach, Holt, Rinehart and Winston, Inc., 383 Madison Ave., New York, NY 10017.

To quilt each pillow front, sandwich a square of batting between a stenciled top square and a plain muslin backing square. Pin the layers together and baste diagonally between the corners (making an X) and around the edges to prevent puckering as you quilt. Using a quilting needle and thread, make small running stitches around each stenciled shape approximately 1/16 to ⅛ inch beyond the stenciled edges. Keep all quilting stitches uniform in size, and check frequently to make sure you are going all the way through the batting and the fabric backing. Quilt the center medallions first, then the corners. Quilt the borders last, beginning in the middle of each border strip and working toward the corners.

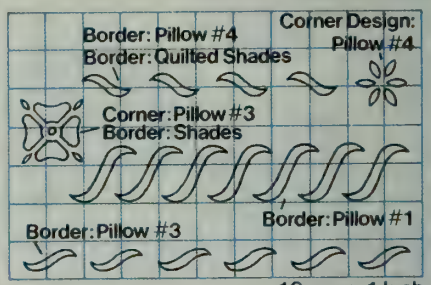
To assemble the pillows, first prepare the back pieces and the ruffles. For each ruffle, cut a 6-inch-wide strip of calico 120 inches in length. Join the 2 ends of the strip with right sides together; sew and press open the seam. Fold the circular strip in half with wrong sides of the fabric together to make a 3-inch ruffle. Press. Gather, using a double row of long stitches in the seam allowance. Pin the ruffle to the right side of the pillow front; sew, using long machine stitches. To make the back of the pillow, you'll need 2 pieces of calico: one 11x15½-inch piece and one 6x15½-inch piece. With right sides together, join the 2 pieces with basting stitches, leaving ¾-inch seam allowance. Press, and set in the zipper following the manufacturer's directions. Remove basting and open the zipper halfway.

continued

Center Medallion: Pillow #4



1 Square = ½ Inch



1 Square = 1 Inch

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4½ teaspoons Worcestershire sauce
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2 cups Bran Chex cereal
2 cups Wheat Chex cereal
1 cup salted mixed nuts

Preheat oven to 250°. Heat butter in large shallow roasting pan (about 15 x 10 x 2 inches) in oven until melted. Remove. Stir in seasoned salt and Worcestershire sauce. Add Chex and nuts. Mix until all pieces are coated. Heat in oven 1 hour. Stir every 15 minutes. Spread on absorbent paper to cool.

Makes about 9 cups.

Party Mix may be frozen, so make a double batch. Thaw at room temperature in container in which it was stored.



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continued

Open-plan kitchen

Pin the pillow front to the pillow back, right sides together. (The ruffle will be sandwiched in between.) Stitch all the way around the pillow, leaving a ⅝-inch seam allowance. Turn the pillow cover right side out through the zipper opening. Carefully insert a 14-inch pillow form, and zip the cover closed. Pillow covers are hand washable.

Quilted window shades

Each quilted window shade has a reflective backing to deflect the sun's rays in the summer and to prevent heat loss in the winter. The shades are mounted in a valance box, and they pull down into wooden channels that hold the shades snug against the window frame.

Materials: (for shade frames) ¼x2-inch pine lattice; pine 1x3s; (for shades) unbleached muslin; polyester quilt batting; reflective backing material (see below); wide hem facing; ecru quilting thread; stenciling supplies (see pillow instructions); spring rollers and mounting brackets. Information on reflective backing materials may be obtained from: DuPont Co., Plastics Products and Resins Dept., Wilmington, DE 19898; Duracote Corp., 350 N. Diamond St., Ravenna, OH 44266; King-Seeley Thermos Co., 37 East St., Winchester, MA 01890. If you are covering only a few windows, you might cut a Thermos Blanket (also known as a "Space" blanket) to the needed size.

To build the frame for the shades, trim around the entire window opening with ¼x2½-inch pine lattice strips. Cut L-shaped guide pieces from pine 1x3s, and plough out a 5/16-inch-deep channel 1½ inches wide (see diagram). Cut the guide pieces long enough to run from the top of the upper pine trim piece all the way to the bottom of the lower trim. Sand the top and bottom edges and the inside surfaces of the wooden guides until rounded and smooth so the edges won't snag the shade material. Nail the guide pieces to the pine trim, lining up the top, bottom, and outside edges. Finish as desired.

We mounted our shade brackets to the 2x4 crosspieces in the bulkhead. You could do the same or build a simple valance directly over the window to conceal the shade roller and mounting brackets. Build the valance box the same width as the window opening plus the pine trim, leaving a narrow opening at the lower back of the valance to pull the shade through (see diagram). Make the box big enough to hold the shade when it is fully rolled. Sand the bottom back edge of the valance box until rounded and smooth.

To make the window shades, measure your window opening and add 4 inches to the width measurement and 16 inches to the height measurement. This will be the size of the finished shade.

Cut a front and back piece to the above measurements out of plain muslin. You may have to join 2 pieces of muslin if your window is large. Using a pencil, lightly mark the actual dimensions of the window opening on the shade front, leaving a 2-inch margin at the sides and bottom. You only need to stencil and quilt within the window area itself.

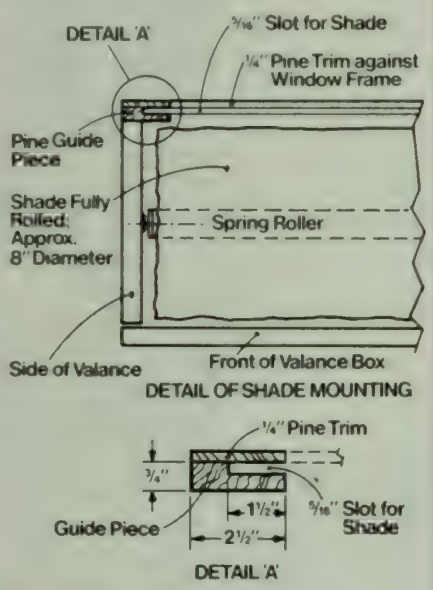
To stencil the shade fronts, mark and stencil the border patterns and corner designs, keeping the border patterns at

least 1 inch from the marked edge of the window opening.

To quilt the shades, cut a piece of batting 12 inches shorter than the shade front and sandwich the batting between the stenciled shade front and the plain muslin backing, lining up the side and bottom edges. Baste and quilt as for the pillow fronts, starting the quilting at the bottom of the shade and working up to the top. Quilt the stenciled areas first, then mark the stitching lines for quilting the unstenciled areas of the shade lightly with a pencil. Quilt the unstenciled area by hand, using quilting pins to help keep the fabric even and unpuckered on the back side of the shade.

To attach the reflective backing, cut a piece of reflective material the same size as the shade front; lay the reflective material on the back side of the shade—shiny side out—and pin carefully around the outer edge. Baste the material to the shade, keeping the stitches ½ inch in from the raw edge.

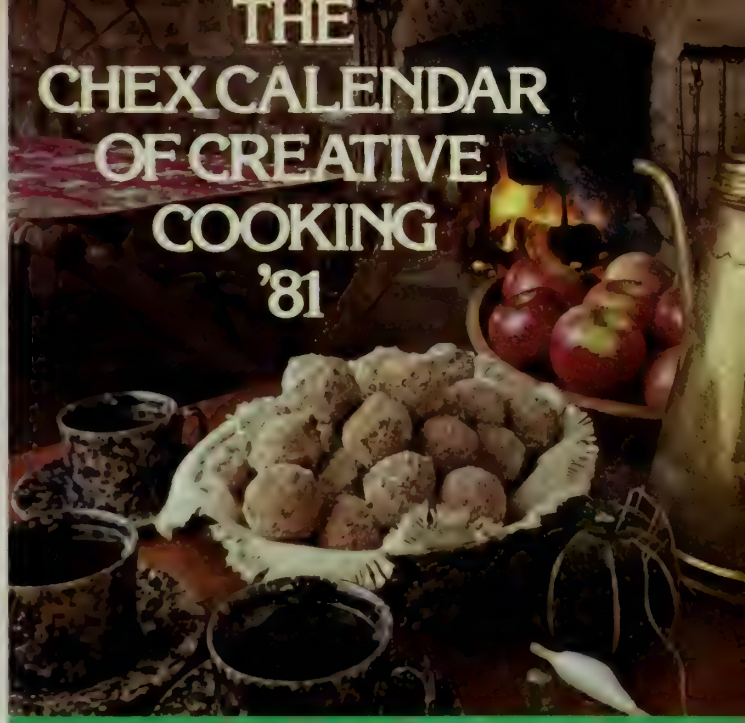
To finish the shade edges, fold a length of wide hem facing or grosgrain ribbon in half and sew it over the raw edges of the shade. Use a separate piece of facing for each edge of the shade. The finished shade should measure 2 to 2½ inches wider than your window opening. Adjust the finished width of the shade by trimming the edges before applying the facing.



To install the shades, buy spring rollers that are 3 inches wider than the window opening. The roller brackets should not be included in this measurement. Carefully staple the top edge of the quilted shade to the roller. If you need to extend the length of the shade, sew a piece of heavy muslin or lightweight canvas to the top of the shades and staple the single layer of material to the roller.

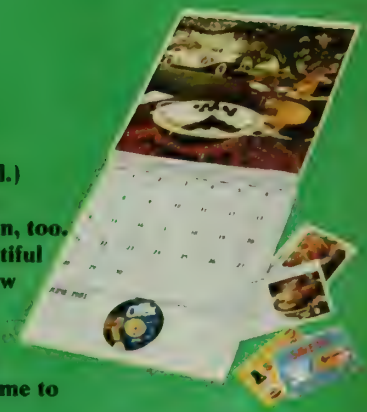
Cut a piece of ¼x2½-inch pine lattice the width of the window opening plus 2½ inches. Finish the pine strip as desired, then staple the bottom edge of the shade securely to the back side of the pine trim piece. The pine trim will flatten the bottom edge of the shade and guide it through the wooden tracks at the sides of the windows. Attach a pull ring in the bottom center of the pine lattice strip.

Roll the shade carefully around the roller, with the reflective backing out. Install the shade in the valance box, then guide the pine pull strip through the opening at the back of the valance box and into the window tracks. When the shades are pulled down, the pine strip at the lower edge of the window shade will line up with the trim piece at the bottom edge of the window frame, giving the closed shade a finished, framed-in look.



From CHEX cereals
Happy New Year

FREE! The 1981 Chex Calendar plus recipes and coupons for 8 proofs of purchase from Chex Cereals.



(Or $2.00 and one purchase seal.) Like Chex Party Mix, the Chex Calendar is becoming a tradition, too. Besides 14 photos that are beautiful enough to frame, it offers 24 new recipes and 24 coupons worth $3.00 on Chex and other quality products. Use the order form to send for yours. (And some to give as gifts.)

Mail To: 1981 Chex Calendar of Creative Cooking
P.O. Box PL 14161 • Belleville, IL 62222

Check One

☐ FREE for 8 Chex® cereal proof-of-purchase seals

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Zip code must be included to assure delivery. Offer good only in the United States and A.P.O.'s and F.P.O.'s. Void where prohibited, taxed or restricted. Allow 4 to 6 weeks for delivery. Offer expires June 30, 1981. Ralston Purina Company, Checkerboard Square, St. Louis, MO 63188.

3289 CE 3289

Kim Garretson

Good News

Look for these new products at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

Nifty Portables



Here's a bug killer and refrigerator that will operate from your car's cigarette lighter. The electronic bug killer uses little car battery power but kills mosquitoes, moths, gnats, and other flying insects. The 14-pound thermoelectric refrigerator/heater can operate off house current as well as a car battery—just change the cords supplied with the unit. The device will chill foods to 35 degrees, maintain frozen foods at 20 degrees, and heat foods at 150 degrees. You can store up to 18 beverage cans in the refrigerator or heat dinner for six people. The body is made of high-impact polystyrene and has an aluminum liner for all-around cooling and heating.

Amcor Bug Killer, about $49. The Amcor Group, Empire State Bldg., 19th Floor, New York, NY 10001. Magic Temp, about $180. Fogel/Jordan Refrigeration Co., 5400 Eadom St., Philadelphia, PA 19137.

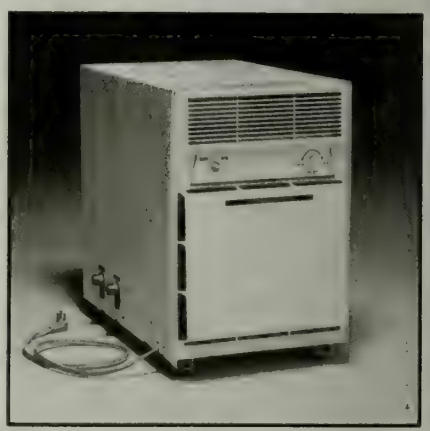
Fold-Up Trailer



With this utility trailer you can give a subcompact car the hauling capacity of a pickup. And you won't need a utility shed to store the trailer; it folds up to just 20 inches across and rolls into the side of the garage like a rollaway bed. Unfolded, the trailer's four-by-six-foot bed can hold up to 950 pounds of payload.

Tow 'n Stow (with optional side stakes), about $547. Trail-R-Craft, 2700 S. Custer, Wichita, KS 67217.

Money-Saving Hot Water Heater



It takes a lot of electricity to heat water in the storage tank of a conventional water heater. But this one pulls heat out of the surrounding air, either natural heat in summer or furnace heat in winter, and transfers that heat to water held in a tank. In the process, much less electricity is used. The manufacturer says the device can slash your home's hot water heating bills by 50 to 65 percent, and thus pay back its initial cost of about $600 in less than three years.

In principle, this vapor-compression water heater works like a small room air conditioner. It pulls heat out of the room air and concentrates it to higher temperatures with a rotary compressor. Then, instead of sending the heat to the outside air as an air conditioner does, this device deposits the heat in your existing hot water tank. The water heater operates as fast as a standard 82-gallon water heater, heating 15 gallons per hour.

Heat Re-Cycler Vapor Compression Water Heater, about $600. Fedders Corp., Edison, NJ 08817.

continued

Merry crispness!

The present with a delicious future.

Presto made deep frying easy, simple and convenient, time after time.

No wonder Presto® FryDaddy® deep fryer is the season's most welcome gift idea.

Because it's Presto FryDaddy just four cups of oil give you four big servings.

Because it's Presto FryDaddy there's no control to bother with. Maintains ideal temperature automatically for perfect fried foods—crisp, cracklin', crunchy.

Because it's Presto FryDaddy there is a nonstick, no-scour surface inside and out. Just wipe clean.

Because it's Presto FryDaddy there's the famous Presto® scoop instead of a messy basket. And the snap-on lid helps save oil to use again and again. No spills, no odor.

Because it's Presto you choose the size you need from FryBaby®, FryDaddy® or GranPappy® deep fryers.

Because it's Presto you know you are giving the best—and so does the lucky person who gets one.

PRESTO®

...innovation to make it first quality that makes it last and last™



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EAU CLAIRE, WI 54701

Good News



Ice Filter

Does your refrigerator's ice maker produce cloudy ice that has an unpleasant taste or smell? Install this small filter in the water line, and you're assured of crystal-clear ice for up to six months.

Filterite Nice & Icy, about $12. Filterite Consumer Products, 2033 Greenspring, Timonium, MD 21093.

Driveway Patch



Mini potholes in your driveway can be jarring to your nerves as well as your car. This patching material can cure the problem in a few minutes. Just place the premixed material in the hole or crack and tamp it smooth with a tool. Once compacted, the material forms a permanent patch that can be walked on, driven over, or sealed with paint or a coating immediately.

Tamp 'n Set Driveway Patch, about $10 for 20 lbs. HMS Industries, P.O. Box E, Guilford, CT 06437.

Humidifier



Flip a switch on this device, and silent ultrasonic sound waves instantly start turning water into cool vapor to humidify your room. There are no noisy rotating drums to keep clean; the unit is virtually maintenance-free. To fill the two-gallon water tank, you simply lift it off the base. Two controls let you set the speed and volume of the humidifying.

Corona Ultrasonic Humidifier, about $140. GLO International, Box 475, Dayton, OH 45401.



Clockwise: Scented Holiday Pomander Ball, $36.00. Holiday Candlesticks, $43.00. Florentine Bud Vase, $18.00. Sans Souci Basket, $30.00. Dove Dish, $19.00. Lido Bowl, $77.00. Three-piece Holiday Dinner Set, $53.00 (also available individually; not shown: Dessert Plate, $16.00. Butter Plate, $11.00). All except the vase trimmed in 24-karat gold.

The prices shown are suggested retail prices only.

LENOX CHINA & CRYSTAL

Lawrenceville, N.J.

Give 'em Sweet Dreams.



Kraft marshmallow Slumber Bag only $14.95

This toasty warm, washable bag is 100% quilted nylon outer shell with FiberFast insulation. It features the Kraft miniatures package on one side, and the Kraft jet-puffed marshmallows package on the other. Zip two together for one jumbo bag, or unzip and use as a comforter. Measures 33 in. by 65 in. Manufactured by the Wenzel Company.

MAIL TO:
Kraft Marshmallow Slumber Bag
P.O. Box 845
Dept. BHG
South Holland, IL 60473

I have enclosed two (2) UPC symbols from any two packages of Kraft marshmallows plus $14.95 in check or money order (NO STAMPS or CASH).

Please send my Kraft marshmallow Slumber Bag to:

Name _____
(Please Print)

Address _____

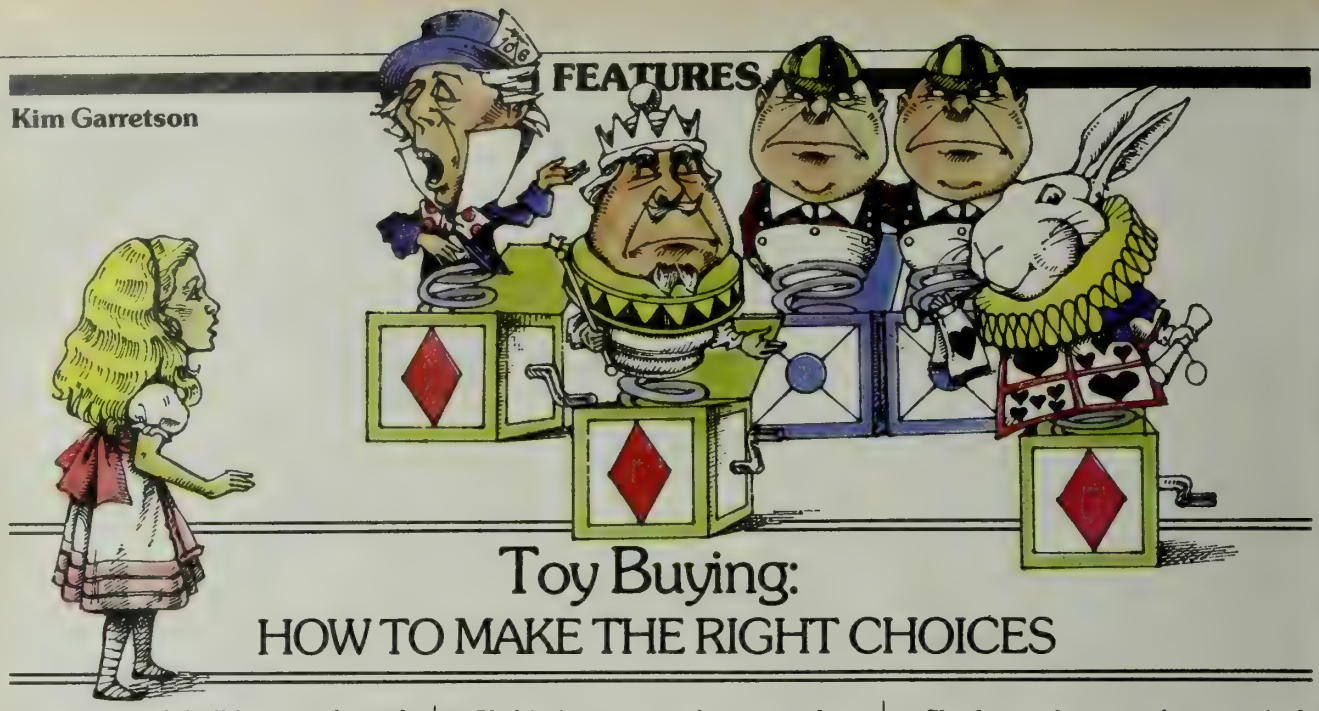
City _____ State _____ Zip _____

(OFFER EXPIRES APRIL 30, 1981)

Please allow 6 to 8 weeks for delivery. Offer good in U.S.A. and APO/FPO addresses. Void where prohibited, licensed, or otherwise restricted.

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Kim Garretson



Toy Buying: HOW TO MAKE THE RIGHT CHOICES

The annual holiday toy hunt is shaping up. Toy commercials are scrambling across the TV screen, and your kids probably are already dropping not-so-subtle hints about this toy or that. Still ahead are grueling trips to toy departments where you'll be confronted with enormous selections and prices to match. Here's how to keep a clear head and sort out safe toys that are suitable for your children.

Choosing toys with play value

You can get more for your money if you consider a broad range of toys, rather than just the ones advertised on TV.

Here are some points to remember and questions to ask yourself:

- Does the toy match your child's age, interests, and physical and intellectual abilities?
- Does the toy bear any resemblance to other toys or objects that the child has enjoyed in the past?
- Will your child be challenged by the toy and can he or she master the skills required?
- Does the toy offer any problem-solving opportunities, such as a component the child can operate to produce a desired reaction?
- Does the toy teach any new skills, for example the planning and carrying out of a multistep sequence like putting together a puzzle?
- Does the toy leave room for the child to use his or her imagination, or is there only one way to operate or play with the toy?
- If this is a toy you've seen advertised on TV, does the actual toy look the way it does on TV or is it glamourized in the commercials?
- Will the add-on cost of batteries and accessories the child will need or want make this toy too costly?
- Is the toy safe? (see below)
- Is the toy durable enough to be passed on in good condition to a younger child?

Choosing safe toys

The Consumer Product Safety Commission, the watchdog over all American manufacturers, keeps a close eye on the marketplace and tries to quickly remove unsafe toys from store shelves. But in the last analysis, you must decide whether a toy is safe or unsafe. Here are tests to make in the store:

- Pay attention to age-grading for safety reasons. Toys that are too complex invite misuse and possible injury.
- Before buying any toy, thoroughly inspect it or a store demonstration model. If a model is not available, ask the store manager to unwrap one.
- Check toys for sharp or dangerous edges by running your finger over all surfaces. And gently try the strength of plastic, metal, and wood parts to determine if they might break with a little more force.
- Make sure the toy (or any removable parts) isn't small enough to be inhaled or swallowed. For children under age three, federal regulations define as too small (and therefore hazardous) any item that is smaller than 1¼ inches in diameter and 2¼ inches in depth.
- Check toys for parts that can pinch fingers or toes or catch hair.
- Check musical, battery-operated, and windup toys for excessive noise. Federal regulations limit noise levels of toys, but you still may find toys that are too noisy for your household.
- Make sure any toy containing paints or dyes is labeled "Nontoxic." Although lead base paints are outlawed in the manufacture of American toys, you should play it safe. Check the label, and if you don't find it, ask the store manager.
- Periodically inspect all your child's toys. Older toys with worn or exposed edges or points, or stuffed animals and dolls with ripped seams, should be discarded.
- Be sure your child knows how to use all his or her toys correctly. Explain the directions and caution labels.

Some help from experts and manufacturers

Lists of toys to consider or avoid can be a boon when you visit a toy store. The Consumer Affairs Committee of the Americans for Democratic Action, Washington, D.C., is a consumer action group that has been surveying toys for nine years. The committee annually publishes lists of toys it considers good and bad. The recommended toys—called Toy Box toys—are judged to be safe, sturdy, and durable and to have good play value and realistic packaging and advertising. The group's Trash Box toys have one or more of these drawbacks:

continued

Illustration: Hellman Design



We help Dad have a hand in Pat's feeding.



Pat is a breast feeding infant. But even though the breast milk of a well-nourished mother is normally a complete food, the adequacy of some of its nutrients, like vitamin C, is dependent on the mother's diet. To provide an extra margin of safety, the doctor has recommended the addition of vitamin C to Pat's diet. To get that added vitamin C, Pat's mother chose Gerber Apple Juice over vitamin drops. That way Dad could get involved in feeding.

Like all Gerber Juices, Gerber Apple Juice is fortified with more than enough vitamin C to meet Pat's daily needs, and is full strength, 100% fruit juice with no sugar added.

At Gerber, we're proud to help Dad have a part in Pat's feeding, because we know that feeding Pat can be a rewarding part of being Dad.

Gerber

Babies are our business... and have been for over 50 years.

Gerber Products Company, Fremont, MI 49412

We've learned a lot about food because we care a lot about babies.

Carlton is lowest.



Box or Menthol:

10 packs of Carlton have less tar than 1 pack of...

	Tar mg./cig.	Nicotine mg./cig.
Kent	11	0.9
Kool	16	1.3
Marlboro Lights	12	0.8
Merit 100's	10	0.7
Virginia Slims	16	1.0

	Tar mg./cig.	Nicotine mg./cig.
Benson & Hedges Lights 100's	11	0.8
Pall Mall Light 100's	10	0.8
Salem Lights	11	0.8
Vantage 100's	12	0.9
Winston Lights	14	1.1

Carlton Box– lowest of all brands.

Less than 0.01 mg. tar, 0.002 mg. nic. Carlton Menthol—Less than 1 mg. tar, 0.1 mg. nic.

Box: Less than 0.01 mg. "tar", 0.002 mg. nicotine av. per cigarette by FTC method. Soft Pack: 1 mg. "tar", 0.1 mg. nicotine; Menthol: Less than 1 mg. "tar", 0.1 mg. nicotine per cigarette, FTC Report Dec. '79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Toy buying

danger, both potential and actual; high level of frustration in assembling or playing with the toy; failure to measure up to TV advertising or package illustrations and copy; and high degree of breakability.

A toy selection committee from the group surveys approximately 1,500 toys each year. The committee visits the national toy trade show, checks with merchants in the Washington, D.C., area, and monitors toy industry lists of best-selling toys and toy advertising. In addition, a group of 16 children pretests the toys to provide further input for the survey. Debby Wager, chairperson of the committee, says the group does not test older, well-established toys, but instead concentrates on the relatively new and heavily advertised toys. The group does not try to survey every new toy on the market in their annual survey.

One tip the group offers is that last year's toys introduced with heavy TV advertising exposure may be cheaper this year because they're not promoted as heavily. Thus you may want to add the group's 1979 Toy Box selections to your list of possible toy buys this season. They are: Skedoodle by Hasbro; Atomic Arcade by Tomy; Electronic Baseball 2 and Giant Pre School Loc Blocks by Entex; Speak and Spell by Texas Instruments; Kitchen Set and The Woodseys by Fisher Price; and Baby Little Love by Animal Fair.

You can get a copy of the group's 1980 Toy Box and Trash Box selections after December 8 by sending $2 for postage and handling to: Americans for Democratic Action, Room 850, 1411 K Street N.W., Washington, DC 20005.

One toy manufacturer is offering a first-of-its-kind guarantee that can help you avoid wasting money on a toy your child will not like. Schaper Toys, manufacturer of the Playmobil System of "little people" toy sets, offers the "Fun Guarantee" on the 11 series of the system. Purchasers may return a Playmobil set, with sales receipt, directly to Schaper for a complete refund. The customer must keep the set for at least 30 days and not more than 90 days.



To you, it's bran.
To your family, it's delicious.

It's HoneyBran cereal from Ralston for the high fiber you want for your family. A touch of honey and a remarkable crispiness make it so delicious they'll love it every morning! Every day!

STORE COUPON

15¢ Save on your next box of 15¢

HoneyBran



TO THE CONSUMER Caution! Please don't embarrass your Retailer by asking him to redeem coupons without making the required purchase. He must redeem coupons properly to get his money back. Remember coupons are good only on the brands called for. Any other use constitutes fraud. Please don't redeem coupons that have expired.
RETAILER For payment of face value plus 7¢ handling send to Ralston Purina Company P.O. Box PL1 Belleville Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the merchandising program represented by coupons presented for redemption. This coupon is nontransferable nonassignable nonreproducible and any sales tax must be paid by customer. Offer good only in U.S.A. APO's FPO's and void where prohibited taxed or otherwise restricted. Cash redemption value 1/20 of 1¢. LIMIT ONE COUPON PER PURCHASE OF HONEYBRAN CEREAL. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.

Expiration date: May 31, 1981

26 △ 26

©Ralston Purina Company, 1980®

Tips for buying electronic games

Today's hottest selling toys aren't hard to spot in the toy store. They're the bleeping and blinking electronic games and toys that fascinate children, and parents as well. But once they've been played with a few times, electronic toys, like other toys, can quickly lose their fascination. Here's how to buy electronic games that are educational and have lasting appeal.

Why buy electronic toys?

The amazing sounds and light displays produced by electronic toys and games familiarize children with today's computer technology. In the not-so-distant future, the ability to program and use microcomputers may be as essential as the ability to read, write, or use the telephone. Electronic toys teach some of those computer skills today.

Another plus of electronic toys is

continued

Andersen Energy Facts



The role of windows and gliding doors in energy conservation.

FREE Window and gliding door energy facts from Andersen.

This 16-page, easy-to-understand booklet explains how to window plan for energy savings, and how windows can actually help heat your home and reduce annual energy bills.

A special section also answers the most-asked questions on windows and energy.

Get the facts . . . from the folks who wrote the book on window beauty.

Please send your free booklet "Andersen Energy Facts."
Mail to: Andersen Corporation
Box 12, Bayport, MN 55003
I plan to: ☐ Build ☐ Remodel
☐ Replace windows

Name _____
Address _____ State _____
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Zip _____ 002-110

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ANDERSEN CORPORATION BAYPORT, MINNESOTA 55003

continued

Toy buying

their nonsexist appeal; they're indiscriminately stimulating to both boys and girls. They can be shared by boys and girls who play together and can be passed from son to daughter or vice versa. Many of the toys also are fascinating to adults when they share in the child's playtime.

What types are available?

- *Informational games* ask true and false or multiple choice questions and use lights and sound to reward right answers or encourage another try when the answers are wrong. You can choose topics to match the child's interests or subjects studied in school, and supplement the game with books or first-hand experiences. One game in this category is Coleco's Quiz Whiz.
- *Numerical games* drill the child in basic math skills, again with lights and sounds to respond to right and wrong answers. Other versions for older children help them learn problem-solving techniques by providing games of strategy. Some pocket calculators are designed especially for children and come with booklets explaining games that can be played on the calculator. Two popular numerical games are Speak & Math by Texas Instruments and Lil' Genius by Coleco.
- *Spelling and vocabulary games* also use electronics to make learning fun. One-level and multilevel spelling games are available with programs that range from three-letter words to multisyllabic words that can stump teen-agers and adults. For children with good vocabularies, there are games that display parts of words and ask the player to fill in the missing letters. Among games in this category are Speak & Spell by Texas Instruments, Lexor by Selchow & Righter (Lexor is also an electronic scoreboard for Scrabble players), and Brain Baffler by Mattel.
- *Memory, sports, and pastime games* can be mentally stimulating as well as fun. Memory games require the player to repeat sound or light patterns before time runs out. Sports games like basketball, football, and baseball often have electronic figures that move across the screen in a simulation of real players. Pastime games let the child play games such as blackjack or gin rummy with the game computer. Memory games include Milton Bradley's Super Simon and GAF's Melody Madness; popular sports games include Coleco's Head-To-Head Baseball, Basketball, and Football; and pastime games include Mattel's Computer Gin, Entex's Poker, and Parker Brothers' Bank Shot Pool.
- *Video games* that you hook up to your television set are the most expensive, and versatile, of the electronic games on the market. Often, optional cartridges are available for playing a variety of sports and pastime games—and even learning languages. Some video games can be expanded into actual home computers with the purchase of optional equipment. Two manufacturers of video games are Mattel and Atari.

Features to look for

- *Long-lasting interest*—Look for toys that have several levels of difficulty to encourage the child to master skills and progress to higher levels. Some games have built-in levels and some require optional add-on modules.
- *Easily understood instructions*—Don't take a toy home unless you've read the instructions and tried a demonstration model in the store. Another word of caution: Make sure the electronic voice of a toy is clear (and the sounds aren't annoying) and the letters and numbers on the keyboard and display are legible.
- *Flexibility in number of players*—Some electronic games can be played alone, and some can be played alone or with other players. Games for one player are suitable for children who like to (or must) play alone or who don't like others around to see their mistakes. The games for partners, on the other hand, encourage sharing.
- *Skill development*—Look for toys that require skill development. Toys that require the child to repeat a sound or light pattern can improve memory. Sports games can improve hand-eye coordination and teach sports rules. It's best to choose electronic games that require strategy instead of luck. With games of chance, the player won't develop any problem-solving skills since luck determines the winner or loser.

The Bell PhoneCenter talks your language.

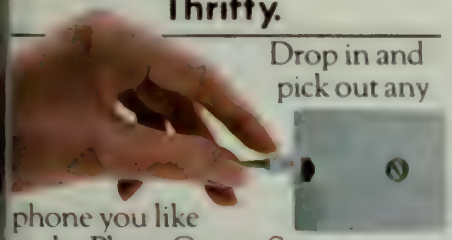
It's a new idea from us for you—the Bell PhoneCenter Store. Everything about our phones and what they can do is here for you to talk over—and not just over the phone as it used to be, but in person as we think it should be.

The PhoneCenter Store is for you, for whatever reasons you want it to be.

Rewarding.

Want to get paid to leave town? If you have a standard phone, return it to the Bell PhoneCenter when you move. And, in some areas, you'll leave a little richer. For another smart move, get our advice on planning your phones in your next home.

Thrifty.



Drop in and pick out any phone you like at the PhoneCenter Store.

If you have plug-in outlets around your home, you can easily save on the service connection charge.

We'll show you how you can take your phone home and connect it yourself.

Choosey.

Come in and see the choice of styles, shapes, colors, and sizes our phones come in. Many have convenient finger-saving Touch-Tone® service. Every one is genuine Bell under its shell.



Browse through the different displays of genuine Bell services. We have a lot to show you now, with more coming later.

Resourceful.

Make your phone do things it's never done before, with Bell Custom Calling services available in many areas. There's no need for an installation visit to your home, either.



For instance, you can handle two conversations at once with Call Waiting. When you're talking on the phone, someone else can reach you with a BEEP that signals you've got another call. Just touch the receiver button to put one on hold and say hello to the other.

With Call Forwarding every call that comes in while you're out follows you, automatically. Your caller won't even know you're not home.

Helpful.

Whether you want to coordinate your decor with phone styles or save money on your phone bill, you can learn how at the Bell PhoneCenter Store—from people who know all there is to talk about, about phones.







IT'S FOR YOU

When you buy a Design Line™ phone, you buy only the shell. Working parts remain our property.

PEANUTS Characters © 1958, 1965 United Feature Syndicate, Inc., housing manufactured by American Telecommunications Corp.

Margaret McMahon

idea NOTEBOOK



Hobbyist dollhouses

With the growing popularity of miniature furniture, dollhouses are no longer just for children. Some of the handsomest traditional dollhouse kits for all ages are offered by Batrie Dollhouse (970 Fellsway, P.O. Box A, Medford, MA 02155). Eight houses are described in the catalog ($2) including our favorite nine-room American Victorian mansion pictured here. The mansion, part of the Craft Collector Series, is 42 inches high and is the most expensive of the group at about $299. Other designs in the craft series are a seven-room Federal-style town house, a six-room Wellesley house, and a Cape Cod house. The Heritage series includes two five-room colonial-style houses and two eight-room colonial-style houses. The kits can be put together with glue and ordinary household tools. All parts are precut wood, sections such as windows, stairs, and doors are included, and room sizes are adjustable. Each house is scaled one inch to one foot. Some models are also available partially assembled. Some of the kits are easy to put together, but others, like the Victorian house, are not for the amateur craftsman. Assembling even a simple kit, however, requires patience and some dexterity. One important tip if you decide to make one of the dollhouses: be sure to fit the parts carefully before applying the glue.

CREAM PIE VS.



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m...so delicious!

On the left, a plain coconut cream pie. On the right, a luscious Coconut Dream Pie. It's made with Dream Whip® Whipped Topping Mix, Baker's® Angel Flake® Coconut, extra Jell-O® Brand Instant Pudding, and milk. Look at the creamy light difference! Dream Pie is easy to make because there's nothing to cook, and you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn all your plain cream pies into higher, lighter, creamy Dream Pies.

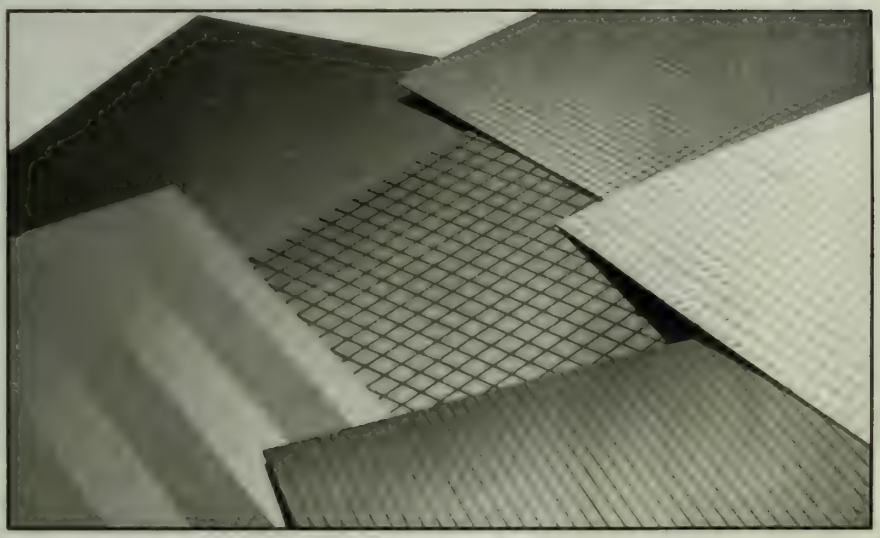
GF GENERAL FOODS

UNICEF Christmas

Christmas is most of all a time for children, and what better way is there to celebrate this glorious holiday than with gifts from the United Nations Children's Fund (UNICEF)? The 1980 UNICEF catalog includes greeting cards, books, puzzles, and other items. One of the nicest gifts in the catalog is the 1981 UNICEF calendar, illustrated with photographs of festivals around the world. The calendar ($5 postpaid) and the free catalog may be ordered from UNICEF, 331 East 38th Street, New York, NY 10016. You also can order the catalog by calling 800-331-1000. Purchases may be charged to your Visa or MasterCard account.

Designer laminates

It's time to give decorative laminates a second look. Although many people think laminates are plastic, they're not. They're thick sheets of paper chemically bonded together with resins. Laminates have been around for decades as counter tops and radio cabinets, but only recently have designers begun to realize their potential for high-fashion furniture as well. This new appreciation of a once strictly utilitarian product is exemplified by "Design Concepts," six new patterns developed by Formica Corporation's Design Advisory Board. Instead of imitating other materials such as wood or marble, these patterns emphasize the unique qualities of the laminates. "Design Concepts" is basically a solid-color collection, but design interest is created by surface textures in geometric patterns. The colors are white, gray, beige, brown, black, and burgundy. There is also a solid-color "Lacquer" available in the basic colors plus hunter green and navy blue.





Coconut Dream Pie...as simple as a, b, c.

2 envelopes DREAM WHIP® Whipped Topping Mix
2¾ cups cold milk
1 teaspoon vanilla
2 packages (4-serving size) JELL-O® Brand Vanilla or Coconut Cream Flavor Instant Pudding
1⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
1 baked 9-inch pie shell, cooled

a. Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixing bowl. Add remaining 1¾ cups milk and the pudding mix.

b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Stir in coconut.

c. Spoon into pie shell. Chill at least 4 hours. Garnish, if desired.



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Fisher-Price created this not-so-typical phonograph to survive a typical childhood.



Fisher-Price knows that children begin to appreciate music at a very early age. Usually, a little before they fully appreciate how to handle delicate things like tone arms and fragile records.

That's why we designed our phonograph with lots of features other record players don't offer. To assure that this phonograph can take the toughest treatment young music lovers can hand out and keep playing in fine tune year after year.

1. There's a real, replaceable diamond needle that lasts five times longer than a sapphire needle.

2. The needle cartridge actually retracts when the tone arm is forced down, to prevent deep scratches.

3. The tone arm is solidly constructed so it can be pulled and tugged and still work smoothly.

4. The detachable case cover is specially designed to gently guide the tone arm back in place even if the cover is slammed shut.

5. The phonograph's 4" speaker provides a nice clear sound. And there are just two simple controls for volume and record speed (33 and 45 rpm) plus a built-in storage space for the electrical cord.

So you can see, the Fisher-Price Phonograph is not a toy. It's a really dependable piece of audio equipment that's made especially for children. So you, and they, can relax and enjoy its wonderful sound for years to come. And that should be music to your ears.



© 1980 Fisher-Price Toys, East Aurora, New York 14052. Division of The Quaker Oats Company.

Gardener's log

**"When chill November's surly blast
Made fields and forests bare."**
—Robert Burns, 1786

The work you do in your garden this month can spell success or failure next spring. Here are some of the worthwhile tasks you can accomplish outside before winter arrives.

Tend asparagus beds

Clean up your asparagus bed by removing the dead tops and giving the whole patch a surface dressing of compost or well-rotted manure. This feeding will give the bed a head start in the spring and will also result in more productive stalks. If you live in a really cold area, cover your asparagus bed with a thick mulch for winter protection.

Transplant strawberries

Up until four weeks before a killing frost, you can still transplant young strawberry plants that have grown on summer runners. Be sure to include a ball of soil with each plant before moving it to another bed or row. You can let fall-transplanted strawberries bear fruit their first spring without weakening them.

After a few hard frosts, mulch your strawberry bed with a three- to four-inch layer of lightweight mulch such as hay, straw, or pine needles.

Rake leaves

Spend a crisp autumn day raking all leaves and other debris from your lawn. And do it soon, before the first snow. If the leaves are allowed to remain on the ground, they may pack down and smother the grass below. Then, in the spring, your lawn will look patchy. Compost your leaves or bag them for garbage pickup.

If you don't have a lot of leaves to contend with, you may be able to skip raking and just shred the leaves into fine particles as you mow your lawn.



Jingle Bell tulips

Closely cropped turf will winter better than tall, bushy grass, so continue mowing until cold weather and short days halt the lawn's growth.

Enjoy tulips for the holidays

Start Jingle Bell tulips late this month or early in December so you can enjoy their bright red color through Christmas and the New Year. You'll find them in your local florist shops and garden supply stores in November and December, or you can order them through our special offer. Jingle Bell is a festive tulip that can be forced into bloom in water only. Simply keep the prepackaged container filled with water, and place the pot in good light and average room temperature. The bulbs should bloom about three weeks after you start them. Discard the bulbs after the flowers fade.

Speed spring bulbs into early bloom

Tulips, daffodils, crocus, and other spring flowers can be forced into bloom in pots of soil indoors in the middle of winter. Simply give them an artificial period of cold and darkness to simulate winter. For the best results, buy bulbs intended for forcing from mail-order houses or your local garden stores.

To plant your bulbs, select a container that is at least twice as tall as the bulbs. Fill the pot half full with a porous potting soil mixture.

Place the bulbs on top of the soil with their tips reaching about one-half inch below the rim of the pot. Add as many bulbs as you can without their touching each other or the container. When potting tulip bulbs, place the flat side of each bulb toward the outside of the pot. The first broad leaf comes from the flat side; if they all face out, they'll form a foliage border around the edge of the pot.

After the bulbs are in place, fill in the rest of the pot with soil. Tamp it down and water thoroughly.

Place the pots in a cool, dark location that remains between 35 and 50 degrees Fahrenheit. If you use a corner of your refrigerator, cover the pots with brown paper bags to achieve the darkness requirement.

In eight to ten weeks, check the pots for growth. When roots are visible through the drainage holes and the stems are two or three inches high, the bulbs are ready for an artifically created spring. Move the pots to a bright area that remains about 60 to 70 de-

continued

To order Jingle Bell tulip bulbs, see page 100.

Illustration: Steven Schindler

continued

Gardener's log

grees Fahrenheit. At this temperature, buds should form in about two weeks.

After the buds appear, the plants can be moved to a warmer location (not to exceed 72 degrees Fahrenheit). Blooms should open in just a matter of days.

To prolong the bloom period, place the pots of flowers in a cool room at night. Keep them out of direct sunlight and away from heating ducts and radiators. Water the plants regularly, as you would any flowering houseplant. Discard the bulbs after they bloom.

Houseplant checklist

A long, cold winter is hard on everyone, but it's even tougher on houseplants. Here's a checklist of things you can do to help your plants weather the winter.

- Move your plants to positions where they will get proper light. South sun is stronger in winter and north light is weaker. Don't put sun-sensitive plants close to south windows, and be certain plants in north windows can exist with minimum light. Check plants in south windows periodically to see if they are getting sunburned or are losing moisture too fast. Water more frequently if necessary.
- Ease up on watering cactus and succulents that go dormant in winter. Some foliage and flowering plants require less moisture, too.
- Stop fertilizing blooming plants and others that need a winter rest period.
- Move all plants away from heat registers and radiators. During the summer, when the furnace isn't running, there's no problem; but in the winter, the hot, dry air from the register can have a disastrous effect on any plant.
- Dust plants with a soft, moistened cloth occasionally. Wipe gently so you don't damage tender plant cell tissue. You may find it simpler to move the plant to the bathroom and remove the dust quickly with a gentle, tepid shower.
- Raise the humidity level. Most houseplants have tropical or semitropical "roots" and require a humidity level of 30 to 40 percent. Your home may have a humidity level of only 10 percent or less when the temperature outdoors is ten degrees Fahrenheit or lower. A humidifier is the ideal way to raise your home's humidity to the level plants prefer, but there are other steps you can take to raise the humidity around your plants.

Daily misting helps, but it's more effective if you mist several times a day. Try to group your plants in one location and run a cool vaporizer for several hours near them. Small plants can be grouped on a tray of moistened pebbles. Set pans of water by heat registers; the warm air will absorb more moisture. Put foliage plants in the bathroom so they can enjoy the moist steam.

- Check plants that summered outdoors for signs of spider mites, mealybugs, and other insect pests.

IN THE SOUTH

Dig caladiums

After the foliage of these tender bulbs dies down, lift the plants with a spading fork and dry them in a shady place. Then remove the foliage and pack the tubers in dry vermiculite. Store your caladiums in a cool, dry location over winter.

IN THE WEST

Keep camellias moist

Prevent bud drop by keeping your camellias well watered right on through November. Keep an extra close watch on any camellias growing close to the house or under deep overhangs to see that the soil is kept moist and the plants don't lack for water during this critical period.

Notes on My Garden

First Week, November 1-8

Second Week, November 9-15

Third Week, November 16-22

Fourth Week, November 23-30

YOU DON'T HAVE TO MAKE SPACE



You don't have to crowd your countertops or rearrange your kitchen for the Spacemaker Microwave Oven from General Electric. It fits right over your range, where it's out of your way and still easy to get to. And the Spacemaker oven comes with an exhaust fan and work light for your range.

The Spacemaker oven doesn't just save counter space; it gives you plenty of cooking space. Room for a 3-quart casserole or a 12-lb. turkey, and wide enough to hold two serving dishes side by side. So you can cook two side dishes or reheat a meat and a vegetable at the same time.

But maybe the most amazing thing about the Spacemaker oven is its Automatic Cooking Control, an electronic sensor system that makes microwave cooking easier. It allows you to prepare everything from frozen entrees to casseroles without worrying about time, temperature, or power settings. Just indicate the kind of food you're cooking, press the start button, and that's all you do until your food is ready. Even roasts can be automatically cooked "rare," "medium," or "well done." Also a 3-digit Cook Code™ control automatically lets you prepare hundreds of recipes found in the GE Cookbook.

If you want a microwave oven that saves space, looks good, and makes cooking easier than ever, get the Spacemaker oven from GE.

For your nearest Spacemaker dealer, call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.

We bring good things to life.

GENERAL ELECTRIC

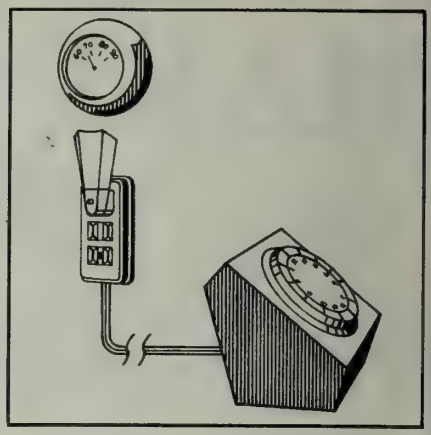
FOR A SPACEMAKER™ MICROWAVE OVEN.



Do-It-Yourself Thermostat Timer

By using a thermostat timer to turn your furnace down at bedtime and up before you awaken, you'll save money all night without shivering in the morning. This do-it-yourself timer was developed by Toby T. Benson of the National Center for Appropriate Technology.

The thermostat control consists of a standard 24-hour single-setting or multiple-setting electrical timer; a lamp cord; a male plug; a flat, three-receptacle surface-mount outlet; and a four-watt, vertical-mount night-light. Choose a night-light that you think will direct heat up to the thermostat.



Installing this unit is fairly simple. Connect one end of the lamp cord to the surface-mount outlet and the other to the male plug. Insert the night-light into the middle receptacle of the surface-mount outlet and hold the shade of the night-light two to 2½ inches below the bottom of the thermostat. Mark the spot and attach the outlet to the wall. Insert the male plug of the night-light assembly into the timer and plug the timer into a wall outlet.

Leave your thermostat set at its normal daytime temperature of 68 degrees. About five degrees of heat will rise from the night-light, and the thermostat will react as though the house were warmer than it should be. Your furnace will remain off until the temperature of the household air plus the heat from the night-light totals less than 68 degrees. If your house gets too cold when the night-light is plugged into the middle receptacle, move the light down a notch; if your house is too warm, move the light up.

Set the timer to turn the night-light on before you go to bed and off again about a half hour before you wake up. If the timer has multiple-setting capability, you can set another cycle to turn the night-light on as you leave for work and off just before you return home.

Don't dismantle the setup when the weather gets warm—you can use this system to control central air conditioning. Heat from the night-light will turn the air conditioner on; when the timer turns out the light, the air conditioner will shut off.

A more detailed explanation is available free from Timer, care of the National Center for Appropriate Technology, P.O. Box 3838, Butte, MT 59701. Enclose a self-addressed, stamped, business-size envelope.



Why keep the whole house chilly to cut your cost of heating? Keep the room you're in toasty warm with an Intertherm SOFTHEAT baseboard heater. Enjoy hot-water heat...without plumbing. SOFTHEAT units warm the cold air descending from outside walls, use natural air currents to spread this warmth evenly through the room. No cold floors!

The hot-water economically keeps on heating after the unit shuts off, too. Available in 120-volt plug-in portable models or 240-volt models for permanent installation.



FREE HEATING ANALYSIS and SOFTHEAT brochure. Send name and address to: Dept. BH1180 Intertherm Inc. 10820 Sunset Office Dr., St. Louis, MO. 63127 (314) 822-9600

INTERTHERM®



HOW TO MAKE DINNER BY JUST LIFTING A FINGER.



Introducing the new GE digital electronic Versatron.™

GE's new Versatron™ Countertop Oven, the CT03000, not only bakes and broils just like a big oven, but it also toasts and slow cooks. Versatron's modern electronics let you select the cooking function, desired temperature, and cooking time with the touch of a finger. The display panel lights up to show the function, time, and temperature you've selected. The electronics provide an accurate digital countdown timer which automatically turns the oven off. Best of all, an audible signal tells you when the cooking is done.



The Versatron™ is so compact it uses only a small amount of counter space, yet it's large enough for a 13″ x 9″ metal cake pan.

The Versatron™ CT03000 from General Electric. Now you can make dinner by just lifting a finger.

We bring good things to life.

GENERAL ELECTRIC

More YOUR STYLE

Choose the prize that's more your style. Over 1,000 winners! Find out if you've won today!

Would you like to win a Porsche sports car? Or is a mink coat more your style? How about a diamond ring? Or a trip to Monte Carlo plus $5,000 cash? If you're one of the four grand prize winners in this sweepstakes, you get to choose one of these prizes. The one that suits your style.

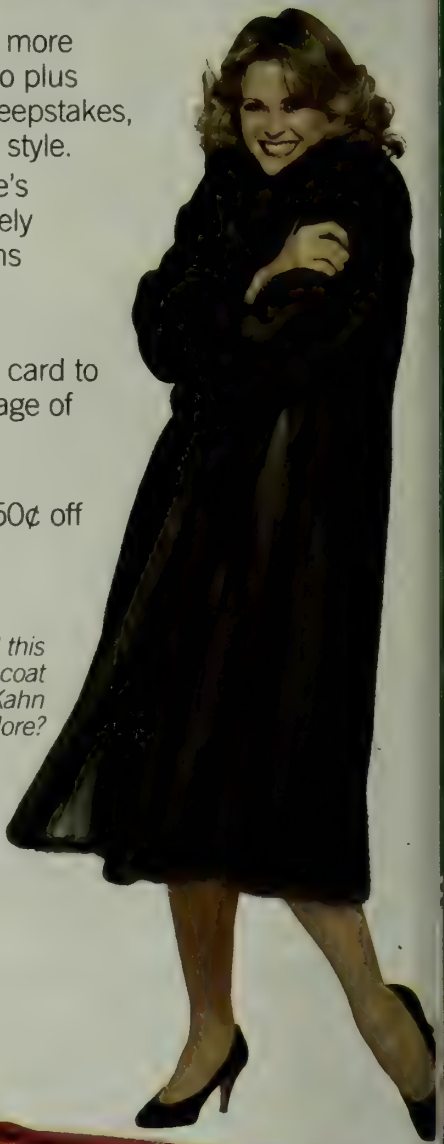
Whatever your style, you'll like More's style. You'll like More's long, slim, brown good looks. And you'll love More's uniquely satisfying taste. What's more, More's 120mm length means that the great taste lasts longer.

That's More. Long on style, long on taste.

Now, to find out if you're a winner, take your sweepstakes game card to your local store,* and compare your secret number to a package of More Regular and Menthol. It's that simple. (See details on the attached card.)

And while you're in the store, you may use the coupon to get 50¢ off on two packs of More. You'll be More satisfied.

*No purchase or retail visit necessary. (See Rule 3.)



Halston designed this exquisite mink coat exclusively for Ben Kahn Furs. Need we say More?



What could have More brilliance than this stunning one and a half carat diamond ring with two side baguette diamonds in a platinum setting? Retail value $15,000.



Picture yourself driving this new Porsche 924, the world's classiest car. Complete with sun roof, air conditioning, AM/FM cassette stereo, and More.

SWEEPSTAKES





Deluxe two-week fantasy vacation for two includes ten days in glittering Monte Carlo and two days in Paris, city of "aMore". Plus $5,000 cash.



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lish cigarette. More.

mg. "tar", 1.8 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Are you hoping your family will ignore your birthday this year?



They've always been very good about remembering the big day. Usually the children bring you breakfast (or at least coffee) in bed. Their homemade cards and presents have given way to carefully chosen gifts that reflect your current interests. Some years there've been parties with friends and relatives; other times you and your husband have gone to dinner, just the two of you. But this year, any celebration would only remind you that you've begun to look older than you like. Maybe even older than you are.

Before your birthday comes even one day closer, discover the secret shared by younger-looking women around the world, the secret of a mysterious beauty fluid that can help you look younger too. Here in the United States, the remarkable beauty fluid is called Oil of Olay.®

The very first time you experience Oil of Olay you'll recognize it's unique. The light-textured blend of tropical oil and precious emollients is similar to the fluids plentiful in younger skin. Oil of Olay disappears deep into your skin astonishingly quickly, working with nature to help replenish those vital fluids. Within moments, your face feels soft and silky to the touch. You'll see a renewed radiance, a lustrous glow you may never have expected to return. And look closely. As Oil of Olay softens, smoothes and eases dryness, even those little lines that give away your age too easily begin to be less visible.

You'll be delighted to see a younger-looking you in your mirror. It's also satisfying to know that the difference is apparent to other people. Look forward to ego-boosting compliments or, at the very least, appreciative glances. Even usually taciturn husbands have been known to comment.

When does Oil of Olay fit into your life? Around the world, devoted users make the mysterious beauty fluid the heart of their daily beauty ritual. Join these younger-looking women. Gentle Oil of Olay on your face and throat each morning to silken skin and help replenish its vital fluids.

The beauty fluid imparts such a fresh, healthy-looking glow that some days you may decide not to wear a trace of makeup. But on the days you do, you'll find Oil of Olay superb under makeup. The beauty fluid penetrates quickly, without any greasy look or feel, so seconds later cosmetics smooth on easily and evenly.

Of course, it's not only birthdays that can make you look older than you like. Sun, wind, changes in humidity, steam heat, air conditioning, even some of the cosmetics you love... all these can upset your skin's delicate balance of fluids. Let Oil of Olay help maintain your skin's rich reservoir of fluids any time your skin feels thirsty.

Discover the secret of Oil of Olay and give yourself the best possible gift... a younger look on your next birthday and all the happy birthdays to come.

Beauty Secrets

- Want to look your radiant best for the party? Then set aside half an hour all to yourself before guests arrive. Smooth Oil of Olay® Beauty Lotion lavishly over your face and throat before stepping into a leisurely scented bath. Finish off with a splash of cool water, towel lightly and sleek the beauty fluid all over your still-damp skin. You'll be a wonderfully dewy and glowing hostess, refreshed for a full evening of fun.
- Like to get the morning off to a pleasant start? Get up ten minutes earlier than the rest of the family and gently massage Oil of Olay into your face and throat to soften and smooth skin while you're watching the morning news. What a pleasant way to begin the day. ■



Dan Kaercher

BREAKTHROUGHS IN *BURN TREATMENT*

Severe burns are among the most devastating of all injuries, both physically and emotionally. A decade ago, severe burn victims had little or no chance of survival. Today, many patients can be saved and rehabilitated with treatment pioneered at specialized burn centers. Thanks to these breakthroughs, the survival rate has increased by up to 50 percent in the past ten years.

Here's what you should know about the nature of burn injuries, how they're treated, and what you can do at home to prevent burns.

Why are severe burns so life-threatening?

According to many physicians, burn victims are "the sickest patients you'll ever see." That's because burns affect the skin, the largest of our organs and one that is absolutely essential to life.

When it's unbroken, skin is tough and flexible and efficiently protects the body against disease-producing organisms. The skin also protects the body against excessive loss of fluids and nutrients.

Extensive burns remove the barrier to massive infection and to the loss of essential body fluids, salts, and proteins. Until the skin is replaced, the patient is in constant, life-threatening danger.

When the skin is severely burned, many body systems and organs also may be affected by shock or infection. Some, such as the eyes and lungs, may be permanently damaged by heat or smoke. Treating each or all of these damaged organs can require extremely sophisticated procedures.

What should you do if someone is seriously burned?

First, immediately remove the person from the source of the burn. Extinguish flames on the person by rolling him or her on the ground—or by using a blanket or rug if one is handy. Do *not* try to put out flames with your hands. After the flames are out, put cool water on smoldering clothes to extinguish the fire completely.

Do *not* use salves, ointments, or home remedies. Remove burned clothing that does not stick to the burn (if the injury is a scald burn, remove all clothing saturated by the liquid).

Keep the injured person in a reclining position with the feet slightly raised. If the victim is having trouble breathing, place a pillow under the shoulders and position the head back and down for the clearest airway. Remove such articles as rings and bracelets before swelling begins. Keep the patient warm with a clean sheet and blanket.

Call your doctor or dial your local emergency number to get assistance with anything more severe than a slight burn. Burns often are more serious than they appear. If transportation is available and the victim can be carried easily, take him or her immediately to the nearest hospital yourself; otherwise wait for assistance. From there, if necessary, the victim will be sent to a burn center.

For *less serious* "kitchen" burns, cool the burned area with cold water. Wrap the affected area in sterile bandage to protect tender skin and prevent infection.

How many people suffer such injuries?

According to the National Institutes of Health, burn injury is the third leading cause of accidental death in the United States (after motor vehicle and drowning fatalities). Over two million persons suffer serious burns each year in this country. Of these, 72,000 require extensive care and over 10,000 die.

Children under the age of 15 account for a third of the fatalities; most of the victims are preschoolers. Next to children, the elderly and the disabled are the persons most likely to suffer serious burns.

Thousands of the Americans who are hospitalized for burns each year require prolonged intensive care at a staggering economic cost (including medical bills, lost wages, and property loss from fire).

How are burn injuries classified?

Burns are caused by heat from fire or scalding, acids in chemicals, and electricity. The seriousness of burn injuries is determined by the depth and extent of the burn.

- *First-degree burns:* These usually are equivalent to a severe sunburn. The skin is red and tender, but not blistered. Only the outer layer of the skin has been damaged. While painful, these burns are usually not serious, except in the very young and the elderly.
- *Second-degree burns:* The skin is blistered and swollen. While these burns can be very painful, only the outer and intermediate layers of skin have been damaged; enough skin cells remain to regenerate the skin.
- *Third-degree burns:* All of the skin and much of the underlying tissue is destroyed. The area looks charred or dead white, bright red, or brown. The skin cannot regenerate and must be replaced because the nerve endings are destroyed. Initially, there is no pain.

When does a burn require hospitalization?

Over half of all hospitalized burn victims have second and/or third-degree burns over 20 percent or more of the body surface.

The location of the burns and the

continued

continued

Burn treatment

age and general health of the patient also determine the need for hospitalization. Even smaller burns on such critical areas as the face, hands, feet, or genitals, or burns suffered by an infant or aged person, require prompt treatment and often hospitalization.

With or without treatment, first-degree burns usually heal without scarring in less than a week. Second-degree burns heal in about two or three weeks, with slight scarring. Third-degree burns usually require skin grafting. Even small third-degree burns will heal only after months of treatment, and often result in scarring and deformity unless skin-grafting operations are performed early.

What are recent advances?

New techniques have drastically reduced the number of burn deaths, as well as the degree of disability and disfigurement in burn victims:

- *Fluid replacement.* After the skin has been extensively burned, large amounts of body fluids are lost from the circulatory system. This can result in damage to vital organs such as the heart, lungs, and kidneys—a frequent cause of death in the past. Now, as soon as the patient reaches the hospital, a basic solution of water and salts is administered through the veins. Daily fluid replacement is maintained as long as required.
- *Infection control.* When a burn leaves extensive areas of flesh exposed, the patient is exposed to dangerous infections. In fact, about 75 percent of deaths among burn patients are caused by infection. A recent major advance was the introduction of water-soluble, easily absorbed antibiotics that are applied directly to the wound. Conventional antibiotics for generalized infections also are used, and patients at some burn centers are placed in special germ free burn care units.
- *Nutrition.* Serious burns accelerate the body's metabolism, thus greatly increasing calorie and protein requirements. To prevent literal starvation, patients are given, through intravenous and nose tube feedings, two to three times the normal calorie intake.
- *Early excision and skin grafting.* Until recently, the burned skin was allowed to separate spontaneously over a period of weeks, which increased the chances of infection. Now the dead tissue is removed surgically, and the wound is cleansed and closed with skin grafts a few days following injury. These measures have reduced the treatment time by about half.

Several types of skin grafts are used to cover wounds in burn treatment. The most widely accepted technique is to graft onto the wound paper-thin layers of skin that have been surgically removed from unburned areas of the patient's body. Skin grafted by this procedure provides a permanent skin replacement.

What if there isn't enough skin left?

When the burn damage is so extensive that there is not enough healthy skin left to cover a massive area, other sources of skin are used. These include



Read why Complete's unique cleansing system gets dentures so clean you can actually feel the difference.

Run your tongue over your dentures. If they don't feel really smooth and clean, try Complete.

Complete is unlike any other denture cleanser. I unique cleansing system contains smaller, rounded particles that clean thoroughly – right down to the denture itself. They also polish your dentures smoothe so stains and film have nothing to hang on to.

human skin from donors, pigskin, and artificial skin.

Human skin grafts from donors are most often used in third-degree burns to protect the patient from infection and fluid loss and reduce pain and later disability. Extremely thin layers of compatible tissue-typed skin are removed from live donors, usually relatives of the patient, or from human skin banks. The skin grafts cover the wound until healthy skin from the patient's own body can be taken for permanent grafts.

An exciting breakthrough has resulted from the efforts of Dr. John Burke, chief of the Shriners Burns Institute in Boston, and his associates, working with scientists at the Massachusetts Institute of Technology. The research team is testing a promising artificial skin that is easily made from animal tissue such as cowhide.

When is physical therapy needed?

As serious burn wounds heal, the new skin is so tight that it locks and immobilizes joints. Therapist-supervised exercises for the patient's specific condition help to prevent such contractions and loss of function. So do splints that are used to keep injured arms, hands, legs, and feet in normal position. When contractions do occur, a thin outer layer of the patient's healthy skin is used to make repairs and prevent or reduce disability.

How is disfigurement reduced?

Skin taken from a healthy area grows back in a few weeks and can be "harvested" repeatedly. In time, the patient regenerates enough replacement tissue for grafting. Early skin grafting reduces scarring, and modern plastic surgery can do much to diminish blemishes that remain. (See "A guide to plastic surgery," *Better Homes and Gardens*, July, 1980.) Cosmetic preparations formulated to hide scar tissue also minimize disfigurements.

What about rehabilitation?

The problems of severely burned patients are complex and immediate. Solving them requires the coordinated efforts of an experienced team of physicians, nurses, psychologists, physical and occupational therapists, social workers and others. The goal of such intensive rehabilitation is to return the burn patient to as normal a life as possible. Victims themselves aren't the only ones who face difficulties.

"In addition to the patient, we have to treat family members—particularly parents," says Dr. Burke. "Often parents suffer guilt because they didn't prevent the accident. The financial costs and other burdens can be overwhelming. Parents may have difficulty in accepting disfigurement in the child. Treatment for the whole family may be required long after the patient has left the hospital."

How can you prevent burns at home?

About 80 percent of burn accidents occur in the home; most of them can be prevented. Here's what you can do to help protect your family.

- Check stoves, furnaces, and other heating appliances for safety and reliability before purchase and at regular intervals thereafter.

continued



so the stubborn film that tablets can't touch.
Your dentures are so smooth and fresh, they not
nly look clean, they feel clean, too.
Try Complete. The proof it works is on the tip of
our tongue.



For Dry Chapped Lips



Blistex ointment in the tube and Blistik lip balm with PABA sunscreen protection–two medicated, soothing ways to get prompt relief from dry, chapped lips. Blistex is the recommended product for cold sores (herpes), fever blisters and sunburned lips.

The medicated lip specialist

Blistex Inc Oak Brook IL 60521

continued

Burn treatment

- When you buy clothing for yourself or your children, consider the flammability of the fabric. For example, fabrics that are tightly woven and heavy generally are less likely to burn rapidly than fabrics that are sheer and lightweight. The most critical garments are children's and elderly persons' nightclothes and girls' and women's dresses—especially if they are fluffy and loose-fitting. Federal law requires that children's sleepwear be labeled "flame-resistant."
- Keep children away from stoves, fireplaces, and heaters that have open flames, and from stoves, hot plates, and other devices where liquids are heated. Train toddlers not to play with matches, cigarette lighters, and electrical outlets and cords. Keep all strong acids and caustics, such as lye and cleaning powders, out of the reach of children.
- Caution all family members, especially the elderly, not to smoke in bed or in a chair where they may fall asleep and start a fire.
- Consult your local fire department for advice about other fire safety procedures and devices, such as fire alarms and smoke detectors. BH&G

—William Cole

HEALTH UPDATE

ASBESTOS: A SCHOOL HAZARD

Building materials in an estimated 15 percent of the nation's 90,000 public schools contain asbestos. That fact poses a serious public health hazard, and a nationwide, federally mandated school survey now is under way to learn more about the threat.

Asbestos fibers, when released into the air and inhaled, may cause asbestosis, a chronic lung disorder, as well as certain types of cancer (primarily lung cancer). The incidence of asbestos-related diseases is on the increase.

"We're particularly concerned about the future health of school children, since illness may take 15 to 35 years to appear," says Larry Dorsey, asbestos school program manager for the U.S. Environmental Protection Agency. Children exposed to asbestos who later begin to smoke have an even higher risk of illness.

The schools that contain asbestos were built, remodeled, or enlarged be-

continued

Doctors Prove You Can Help Shrink Swelling Of Hemorrhoidal Tissues Due To Inflammation. Relieve Pain And Itch Too.

Gives prompt temporary relief from hemorrhoidal pain and itch in many cases.

Doctors have found a most effective medication that actually helps shrink painful swelling of hemorrhoidal tissues caused by inflammation. In many cases, the first applications give prompt relief for hours from such pain and burning itching.

Tests by doctors on hundreds of patients showed this to be true in many cases. The medication the doctors used was *Preparation H*®—the same Preparation H you can get without a prescription. Ointment and suppositories. Use only as directed.


"No one knows I'm wearing support pantyhose."
Hanes Alive
"I always knew when I was wearing a good, dependable support pantyhose. Unfortunately, so did everyone else.
So now I wear Hanes Alive. Because Alive gives me all the support I need. But it doesn't give me away. That's because Alive is so sheer it's almost impossible to tell it's a support pantyhose."
If support is nobody's business but your own, wear Hanes Alive. We'll keep your secret.
Hanes Alive®
Support Pantyhose
We make support your secret...

continued

Update

tween 1946 and 1973—primarily during the school building boom of the late 1950s and early 1960s.

In general, only asbestos-containing materials that are soft and can be crumbled by hand are considered harmful. These usually were applied by spraying or troweling and were used for fireproofing, insulation, and decoration. Asbestos fibers can be released whenever such surfaces are bumped or scraped during classroom games, maintenance work, or vandalism. Roof and plumbing leaks and vibrations also can release asbestos fibers. Specific sampling techniques and laboratory analyses are required to positively identify asbestos. A check of building records is not a sure way to establish its presence.

Should asbestos be found, the recommended solutions include removing and replacing it, bonding it with a sealant, or enclosing it with drywall or another barrier. The costs must be borne largely by local or state governments, although a bill to provide federal assistance has been enacted.

LOW BLOOD SUGAR, A RARE DISORDER

Have you ever felt tired, edgy, weak, or dizzy about two hours after a meal? Many people who experience these extremely common symptoms believe they have hypoglycemia or low blood sugar. But the chances that they do indeed have hypoglycemia are small.

Researchers at the Mayo Clinic in Rochester, Minnesota, say such symptoms are more likely to indicate an emotional disturbance. A psychological test, given to patients seeking hypoglycemia tests and patients visiting the clinic for other medical reasons, showed striking personality differences.

Reporting in the *Journal of the American Medical Association,* the researchers say the medical patients' results were "normal." But the hypoglycemia group's results differed in two significant respects: These patients had a tendency to manifest physical symptoms as a result of emotional problems, and they tended to deny that such symptoms might be psychosomatic. Mayo Clinic endocrinologist John Service surmises that a self-diagnosis of hypoglycemia is often used to avoid other problems.

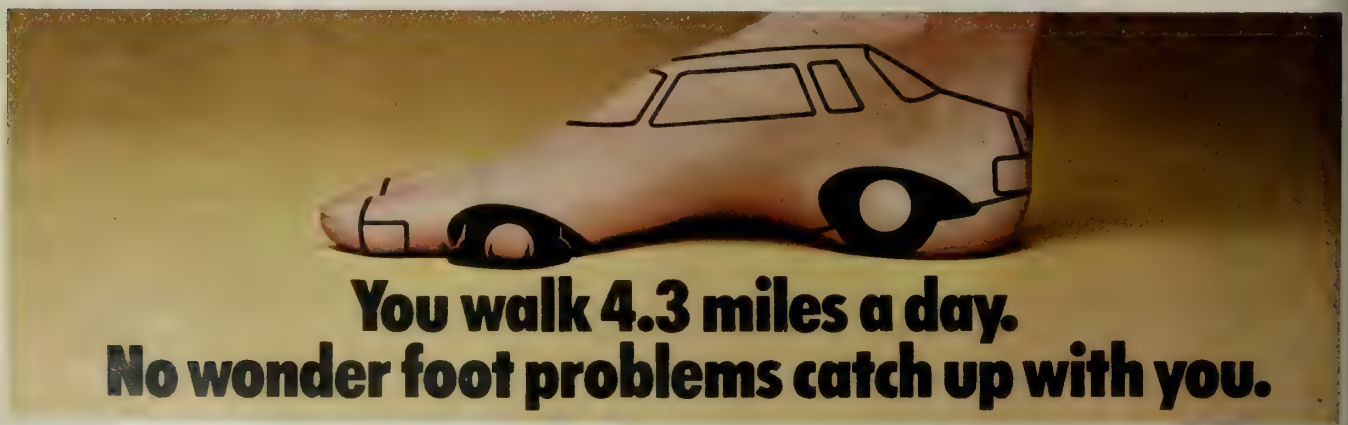
The best way to determine if you have hypoglycemia is to have a sample of your blood drawn for study while you are experiencing symptoms. Another test commonly used to assess blood sugar levels, the oral glucose tolerance test, often produces false readings, the Mayo group reports.

FEBRILE SEIZURES— NO CAUSE FOR ALARM

A seizure occurring along with a fever in a young child is understandably frightening to parents. Because of concern about possible long-term consequences, physicians have long debated how to treat seizures.

Now a panel of experts, convened by the National Institute of Neurological and Communicative Disorders and Stroke (NINCDS), has reached these reassuring conclusions: Seizures associated with fever rarely are harmful.

continued



You walk 4.3 miles a day. No wonder foot problems catch up with you.

The average adult puts over 4 miles a day on his or her feet.*

With that kind of mileage, no wonder feet often react. With bumps of hard, dead skin on your toes. Or thick, hardened skin on the soles, sides or heels of your feet.

These are corns and callouses. Very often they can become painful. But Dr. Scholl's can help.

Our easy-to-use Zino® Corn Pads and Callous Pads are made of a super-soft material. They're adhesive backed. That way, you can apply them directly to the problem area for protection. And they come with separate medicated disks to help remove the problem.

We also have non-medicated Foam-Ease® Pads for protection only.

Hard corns are simple to loosen with Dr. Scholl's 2-Drop® liquid. Used as directed, a few drops a day is all it takes.

You can also smooth away bothersome callouses with Dr. Scholl's Callous File. It quickly and painlessly eradicates callous buildup.

So stop by the Dr. Scholl's Foot Care Display at the store near you.

If problems persist, see your podiatrist.



The Specialists in Foot Care.

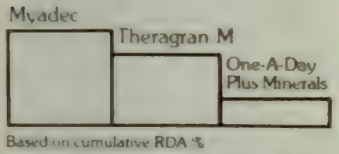
*Estimated average based upon information received from the American Podiatry Association.

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Getting more.

Who are the people who get more out of life? They're the ones who turn chores into child's play, know how to do nothing, find strenuous exercise fun.

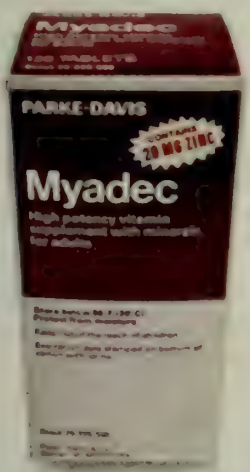
People who want more out of life want more out of their vitamins and minerals, too. Like Myadec.



Based on cumulative RDA %

Myadec is the dietary supplement with 11 vitamins and 6 minerals–more potency than the other leading multi-vitamins with minerals.

Myadec from Parke-Davis. If you want more, you can't ask for less.



Myadec.
If you want more.

PARKE-DAVIS

Tegrin® is taking more of the heartbreak out of psoriasis.



Tegrin Lotion. Psoriasis medicine that's as pleasant to use as skin lotion.

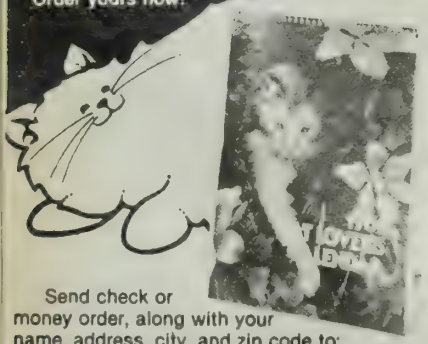
Also available in medicated cream form.

For a trial size sample (limit one per family), send 25¢ to: Tegrin, Box 8695A, Clinton, IA 52732

TIDY CATS OF '81

Presenting the 1981 Cat Lover's Calendar from Tidy Cat®, featuring brilliant full color reproductions of 12 delightful cats. It's a perfect gift for all the cat lovers that you know, including yourself!

Only $1.25.
Order yours now!



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Everything you've demanded in an airtight wood stove is available in the amazingly efficient The Earth Stove®. Whether you burn it as a thermostatic heater or as an open fireplace you'll agree The Earth Stove® is an outstanding solution to the energy problem.

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continued

Update

Most children do not need to be treated with anticonvulsant drugs that may have such serious side effects as hyperactivity, irritability, and sleep disturbances. However, parents should contact a physician to rule out serious problems such as spinal meningitis. Once such disorders are ruled out, parents can breathe easier.

Dr. Karin Nelson of the NINCDS reports that several large-scale studies show the seizures have no effect on later intelligence or school performance. Few children with fever-associated seizures later develop epilepsy. (Epilepsy is characterized by recurring nonfebrile seizures.)

About four out of every 100 children have a febrile seizure, usually between the ages of six months and five years. Such seizures usually occur in the first 24 hours of an illness, when the child's temperature is higher than normal. Most seizures last less than ten minutes and stop by themselves.

Should your child have a seizure, unwrap his or her clothing to allow body heat to escape. Immerse the child in lukewarm water in a tub and slowly add cooler water. If your child has never had a seizure before, call your doctor for guidance and ask what to do if another seizure occurs.

HIDDEN SODIUM ALERT

Did you know that only about one-third of the sodium Americans eat comes from salt added during cooking or at the table? (Salt is 40 percent sodium.) In many people's diets another third comes from such processed foods as sandwich meats, condensed soups, juices, cheese, and bakery products. Medications such as some antacids and laxatives also contribute to sodium intake. The remainder occurs naturally in many foods and some drinking water.

Sodium is known to worsen high blood pressure, a disorder that affects 35 million Americans and increases their risk of heart attack, stroke, and kidney failure. The precise role of sodium in causing high blood pressure still is being researched. However, when a person with high blood pressure

continued



Introducing the Clean Air Machine™. Fresh from Norelco.

There's probably something inside your home that you never even think of cleaning.

The air.

But with all the discomforting impurities and pollutants floating around in it, it's one thing you should clean quite often.

That's why Norelco is demonstrating how effectively its new Clean Air Machine™ works, in this smoke-filled container we prepared for our test.

As you can see, the Clean Air Machine™ actually cleans your air. By removing odors, dirt and other contaminants that are naturally found inside every room of your home. No matter how clean.

With its quiet, efficient motor, the Clean Air Machine™ draws in offending tobacco smoke, pet and cooking odors, dust, even pollen. Traps them in a specially formulated filter. And sends out clean, fresh, citrus-scented air.

Thus, eliminating the irritation and suffering that smoke-filled rooms can cause.

The compact Clean Air Machine™ is economical to use, too. Costing only pennies a week for continuous, 24-hour use. And each replaceable filter is designed to last approximately 3 months, with average use.

So provide a healthy home environment for your family and friends. With the new Norelco Clean Air Machine.™ After all, if it can clean the air in our demonstration, think how it'll clean the air in your home.

Norelco®



Easy-to-replace Clean Air Machine™ filter

The Clean Air Machine™. Because your air gets dirty, too.

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continued

Update

significantly reduces sodium consumption, blood pressure usually falls.

According to the new federal *Dietary Guidelines for Americans,* adults in the United States consume much more sodium than they need. While sodium is an essential part of our diet, the National Research Council estimates that we need only about one to three grams of sodium a day. But the average American consumes *at least* four to five grams daily. (However, you may need more than the recommended amount of sodium if you are engaged in a strenuous activity in very hot weather.)

Proposed federal food labeling changes would make "hidden" sodium more apparent to consumers. Dr. Allan Forbes, associate director for nutrition and food sciences at the Food and Drug Administration Bureau of Foods, says the new labels would specify the amount of sodium per serving.

Meanwhile, you can buy low-sodium foods, including breads, in most supermarkets. Several new cook books, including the American Heart Association's *Cooking Without Your Salt Shaker,* provide ways to trim sodium but not flavor from family meals.

TREATING TOURETTE SYNDROME

Tourette syndrome is a disorder characterized by a succession of different muscular and vocal tics that persist over a period of one year or longer. The problem first develops between ages two and 14.

Until recently, Tourette syndrome was considered an emotional disorder, but it now is believed to have a physical cause. Some forms of the disorder seem to run in families. Happily, drugs now often can relieve or lessen the distressing symptoms.

One in four children develops a tic of some sort; in most cases this is unrelated to Tourette syndrome. Such involuntary movements are frequent and repetitive. Facial tics, such as blinking and nose twitching, are most common, but the whole body can be affected as well. Most tics disappear within a few weeks or months without treatment.

Dr. Sheldon Novick, medical director of the Tourette Syndrome Association, advises parents to consult the doctor or pediatrician when a child has multiple tics and is evidencing new ones. Be particularly suspicious if the tics appear as a sound such as grunting, throat clearing, shouting, or even barking. Uncontrolled use of obscene speech—the best-known symptom of Tourette syndrome—occurs in about half the victims.

Currently, the most effective treatment is considered to be the drug haloperidol, although it has a number of serious side effects, including drowsiness and muscular rigidity. Recent studies of clonidine, a drug used to treat high blood pressure, show it reduces the number of tics and makes some patients feel calmer and more in control of the symptoms.

While psychotherapy can't "cure" the disorder, it can help relieve anxiety and ease the psychological burden of the illness.

If you would like more information, write the Tourette Syndrome Association, 40-08 Corp. Kennedy St., Bayside, NY 11361.

—Lynne Lamberg

Use the treatment hospitals use for hemorrhoidal irritation.

For problems such as hemorrhoidal irritation, where itching, burning and discomfort occur, 2,500 hospitals throughout the U.S. choose Tucks pre-moistened pads. With good reason.

Developed by a doctor to soothe, cool and help relieve itch and irritation in one of your most sensitive areas. Tucks pads are specifically designed for extra softness, to allow the gentlest possible application of a special soothing cooling solution. That's why they relieve discomfort so effectively, even for people who also use ointments or suppositories.



Hygienically cleansing. Inadequate hygiene can cause annoying hemorrhoidal irritation. But with the helpful cleansing action of Tucks, irritation can often be stopped *before* it starts.

Tucks pads come in jars of 40 and 100, and in individually wrapped Take-Alongs. So you can always keep a supply handy.

Tucks, from Parke-Davis. The treatment used by 2,500 hospitals.



"Are you kidding? Switch toothpastes? Lover boy here needs his fluoride paste."



"He can still get cavities. So he still needs a fluoride."



"Ah, Mom, I want a gel for fresh breath."



"We switched to Aqua-fresh. Now we fight cavities and freshen breath."



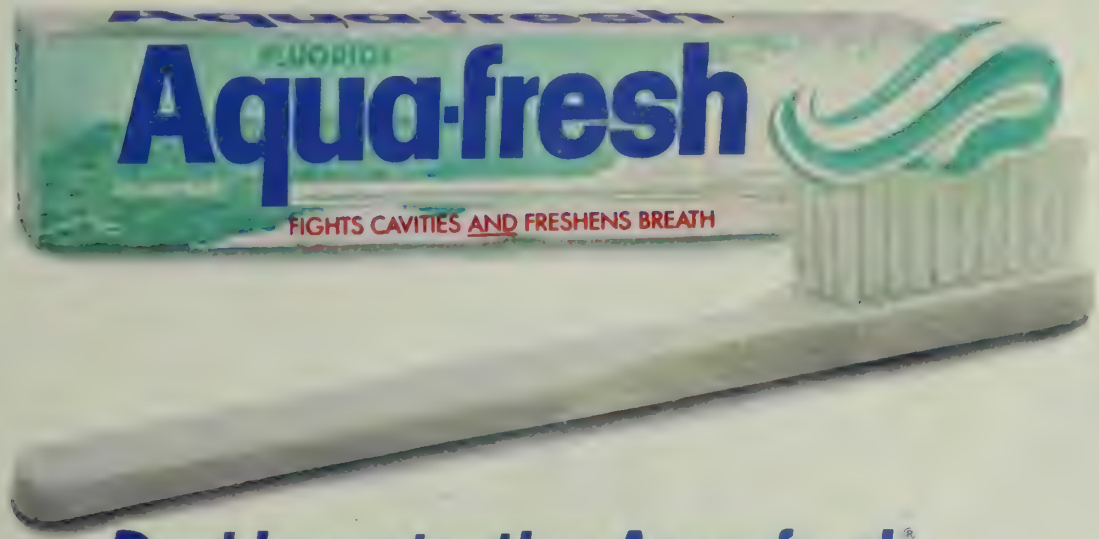
HERE'S HOW IT WORKS: Aqua-fresh gives you all the cavity-fighting fluoride of the leading paste...



And all the breath freshener of the leading gel...



Concentrated in one tooth-paste. That's double protection.



Double-protection Aqua-fresh® fights cavities and freshens breath.

Accepted COUNCIL ON DENTAL THERAPEUTICS AMERICAN DENTAL ASSOCIATION

"Aqua-fresh has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics — American Dental Association.

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FOOD

Microwave Cooking: Using Paper Safely

Paper products can help you prepare foods faster in your microwave oven as well as minimize dishwashing. And cooking with paper can be as safe as it is timesaving if you follow these guidelines.

Safety first

- It's safe to use paper toweling, plates, napkins, and other paper products to contain or cover foods in a microwave oven for *short periods* of time. If you're cooking on the high power setting, don't leave paper items in the oven longer than *4 minutes.* For longer cooking, use glass, ceramic, or plastic microwave utensils.
- Micro-cook packaged frozen entrées right in their paper containers. You can heat them safely up to 10 minutes on the high power setting.
- Paper bake cups work well with most standard microwave cupcake or muffin recipes, but avoid using them with foods that have high amounts of sugar and fat—the food heats too quickly.
- When micro-cooking, cover foods with waxed paper to prevent spatters. The steam that builds up keeps the paper moist and prevents it from overheating while the wax coating keeps it from getting soggy. Avoid paper toweling or napkins since they may become waterlogged on moist foods or overheated when covering dry foods.
- To prevent burns when checking foods, lift the waxed paper covering away from you. That diverts the escaping heat from your hands and face.
- Be sure to use sturdy paper plates to hold foods. Lightweight paper plates may fold, leak, or tear, causing spills and burns. For heavy items such as meats, use glass, plastic, or ceramic baking dishes or casseroles.
- Avoid using wax-coated items for cooking; the wax melts into the food.

Coping with a fire

If a fire occurs, *do not open the oven door. Immediately* turn off the power and cover the vent with a towel to cut off oxygen to the fire.

It's not a shrimp boat. It's a Luxury Liner.

Built by Holland House Cooking Wine and California Avocados.

Everything strictly First Cabin. The Avocado is California. Cool, golden-green, delicious. The wine is Holland House Sherry Cooking Wine. Because Holland House Cooking Wines are specially chosen to stand up to temperatures that make delicate table wines wilt.

The Luxury Liner

2 Tbsp. butter
½ cup onion, finely chopped
1 cup zucchini, finely diced
½ cup Holland House Sherry Cooking Wine
½ cup water
2 Tbsp. tomato sauce or 1 ripe tomato, chopped
1 Chicken flavor bouillon cube
½ lb. medium-size fresh or frozen shrimp* shelled and deveined
1 Tbsp. cornstarch, dissolved in 2 Tbsp. cold water
1 Tbsp. breadcrumbs
3 California Avocados, halved, pitted and peeled

Melt butter in saucepan. Add onion and zucchini and cook 5 mins. over med. heat. Stir in sherry, water, bouillon cube and tomato. Cook 3 mins. over high heat. Add shrimp and cook, stirring, about 1 minute until shrimp turn pink. Add cornstarch mixture and cook, stirring, until mixture comes to boil. Remove from heat.

Place Avocado halves on baking dish. Fill each half with shrimp mixture, spooning remainder of sauce around them. Sprinkle with crumbs and broil 1-2 mins. until crumbs brown. Serve immediately, as an appetizer for 6 or luncheon entree for 3.

*Chicken breast cut into ¼ inch cubes may be substituted.

Holland House® Cooking Wines
Red, White, Marsala and Sherry

Love Food From California

© 1980 California Avocado Commission



What's better than pumpkin pie? No-Bake Pumpkin Pie!

Now you can serve creamy pumpkin pie without baking. Thanks to Knox Unflavored Gelatine, Eagle Brand Sweetened Condensed Milk and Johnston's ready to Fill 'n' Eat graham cracker Ready-Crust. The Knox Gelatine lets the pie filling "set up" without baking, and Eagle Brand Sweetened Condensed Milk gives it a rich, creamy texture. Just pour into a Johnston's Ready-Crust, and it's so easy to put your dessert on the table in no time. Just follow the easy recipe for a pumpkin pie your family will love.



No-Bake Pumpkin Pie

(Makes one pie)

1 envelope Knox® Unflavored Gelatine
1 teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon ground nutmeg
½ teaspoon salt
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated)
2 eggs, well beaten
1 (16-ounce) can pumpkin (about 2 cups)
1 Johnston's® graham cracker Ready-Crust® pie crust

In heavy medium saucepan, combine unflavored gelatine, cinnamon, ginger, nutmeg and salt; stir in sweetened condensed milk and eggs. Mix well. Let stand 1 minute. Over low heat, cook and stir constantly until gelatine dissolves and mixture thickens slightly, about 10 minutes. Remove from heat. Stir in pumpkin; mix well. Pour into prepared crust. Chill 3 hours or until set. Garnish as desired. Refrigerate leftovers.

PUMPKIN TARTS: Prepare filling as directed; spoon about ¼ cup into each of 12 Johnston's® graham cracker Ready-Crust tart-size crusts. Chill until set.



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Send [illegible] six free no-bake [illegible] printed on easy-to-use 3" x 5" cards. Send name, address and Zip Code to:

Recipe Cards
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Clinton, IA 52736

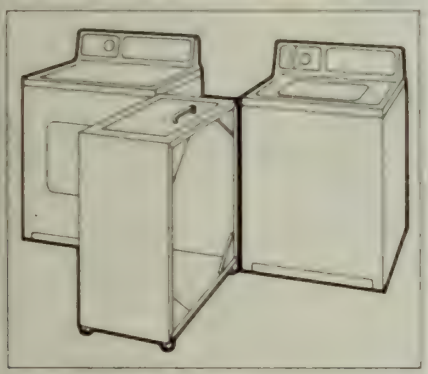
TIPS, TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: The washer and dryer in your home are located just a foot or two apart in a ground-floor utility room. You'd like to have a hamper that would be convenient to use and wouldn't take up much space.

SOLUTION: Build a plywood hamper as shown, narrow enough to fit between the machines. Put a hinged door on top and casters on the bottom. Leave the hamper sideless so clothes can be removed easily.

A.S., Huff, Ind.



PROBLEM: Your project calls for a lock washer to keep vibration from spinning a nut off a bolt, but you don't have one of the right size.

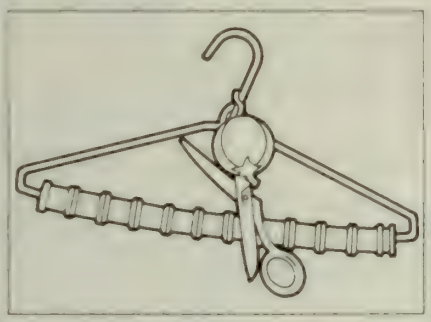
SOLUTION: Wrap a layer or two of plastic from a food storage bag over the threaded end of the bolt before turning on the nut. The plastic will get caught up in the threads and keep the nut from vibrating loose.

H.M., Oroville, Calif.

PROBLEM: Spools, scissors, and other supplies are always scattered around your sewing area.

SOLUTION: Tidy up with a coat hanger as shown. Unwind the ends of the hanger, slip your spools onto it, and rewind it. Scissors and pincushions can be hung from the hook.

M.S., Woodland Hills, Calif.



PROBLEM: You need to move a large appliance across the uncarpeted floor of your kitchen, but you're afraid the metal feet will dig into the flooring.

SOLUTION: Squirt a bit of liquid dish-washing detergent on the floor around the feet of the appliance. The detergent will make them slide smoothly across the floor and will be easy to clean up later. (Take care not to slip on the slick floor yourself.)

C.P., Honolulu, Hawaii

PROBLEM: You need something safer than a cookie jar to keep spare change in at home.

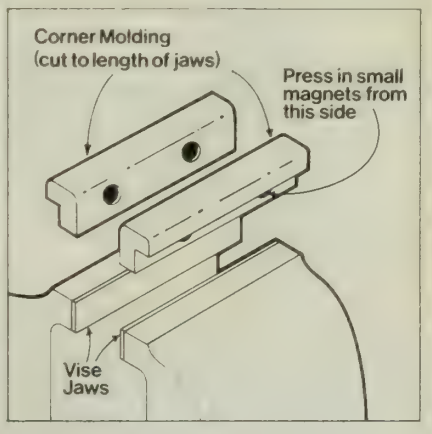
SOLUTION: Paint the inside of a mayonnaise jar white or a mustard jar yellow. Place your valuables in the jar and put it in the refrigerator. Now you've got a place for your cold cash.

R.P., East Point, Ga.

PROBLEM: To protect soft wood when it's clamped in a vise, you've used various scrap items between the wood and the jaws—1x2s, corner molding, even pieces of cardboard. They always fall to the floor when you loosen the vise.

SOLUTION: Make a pair of magnetic vise jaw shields that will stay put. Drill two holes in each of two pieces of corner molding. Then insert small magnets from magnetic kitchen "pin-ups" into the holes so one side of each magnet is flush with the jaw side of the molding.

H.B., Syosset, N.Y.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.



The new Hardwick tlc The microwave that thaws without cooking.

You can taste the difference.

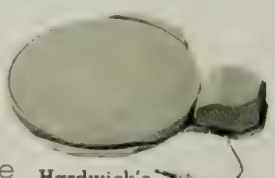
The tender, loving care you give your family. That's what the new Hardwick T.L.C. microwave is all about.

A separate defrost cycle lets you thaw food completely without starting to cook it in the process.

And you'll serve better-tasting meals. Because ten power levels give you more control over cooking or defrosting.

With the touch of a finger, you can easily and accurately program the Hardwick T.L.C. Cook by time or use the probe to cook to exact temperatures. And delay start time up to 11 hours.

And Hardwick offers you a great option for the T.L.C.: an automatic Turn-Tray that takes the handling out of microwave cooking.



Hardwick's automatic Turn-Tray

Your family will love the difference a little T.L.C. can make.

HARDWICK
STOVE COMPANY · CLEVELAND, TENN. 37311
America's Standard of Cooking Excellence Since 1879

How to order material from the magazine

Heritage Dolls Our families of dolls from the colonial, pioneer, and Victorian eras will delight everyone. Embellish them with paint or a touch of embroidery, then stitch and stuff. These enchanting dolls are ready to move into a dollhouse or a child's pocket, hang on your Christmas tree, be given as gifts, used as package trims, or be stuffed with fragrant sachet. Make all three sets to grace a collection of miniatures; all 30 dolls are authentically costumed for the periods they represent. Kits for each set of 10 dolls include designs stamped on muslin fabric, floss for embroidery, and instructions. Dolls range in size from 4″ to 6½″.

Jingle Bell Tulip Enjoy bright red tulips through the holidays. Jingle Bell Tulips are festive tulips that can be forced into bloom in water only. Simply keep the prepackaged container filled with water, place in good light and average room temperature. The bulbs should bloom about three weeks later. Order several for gifts!

Energy-Saving Window Treatments: List of Manufacturers. Write the manufacturers on this list for more information regarding energy-saving window coverings. Over two dozen companies are listed; a short description of the products they manufacture is included. No. 13423

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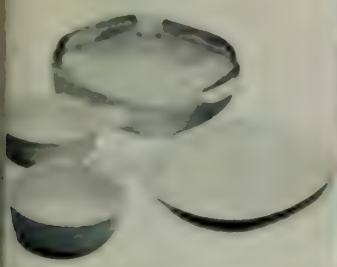
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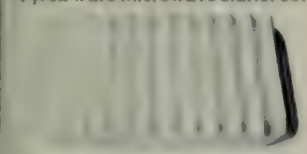
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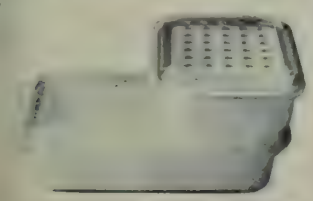
Corning Ware 5-Piece Microwave Set



Pyrex ware Microwave Starter Set



Corning Ware Microwave Rack



Corning Ware Fast Food Dishes



Corning Ware 10" Covered Cooker with Built-in Rack

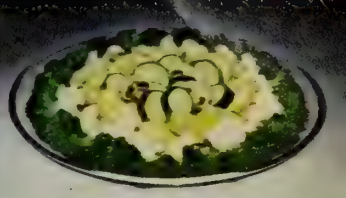
CORNING



Brown and sear steaks perfectly on a Corning Ware Microwave Browning Grill



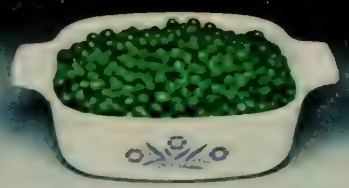
Hot oatmeal for one takes 1 minute in a Corning Ware Grab-It.™



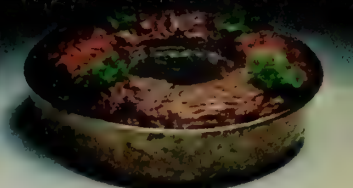
A garden of vegetables from microwave to table in 4 mins. on a Pyrex Cook 'n Serve Tray.



Frozen entrees fit perfectly in the Corning Ware Microwave Fast Food Dish



Cook frozen vegetables without water in a 1 qt Corning Ware casserole 5 minutes



Meat-loaf in Pyrex Microwave Ring Mold takes only 11 minutes Looks great



For juicier barbequed chicken pre-cook in microwave for 12 minutes Use a Corning Ware roaster



Boil 3 tbsp vinegar in cup of water for odor-free microwave oven. Takes 1 minute



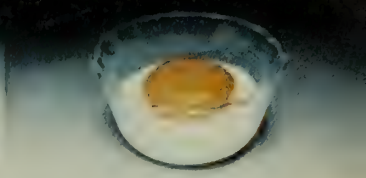
Hot, buttered corn with no mess in a Corning Ware skillet 7 minutes



Shrimp come out crisp tender and beautiful in Pyrex ware Fireside bowl



Reheat a latecomer's dinner right on a Corelle livingware dinner plate



Cook an egg in 30 seconds in a Pyrex ware custard cup



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Crisp up limp potato chips in a Pyrex ware bowl. 1 minute



Melt cheese on taco chips for quick, hot hors d'oeuvres. Use Corelle livingware platter.



This symbol on a Corning package means ideal for microwave

Kim Garretson

RUST PROOFING: *Worth The Cost?*

Watching little rust spots start popping out on a car you've treated with loving care can be pretty disheartening. But what can you do to prevent the problem? Some rust-proofing companies claim a new car inevitably will succumb to rust in a few years unless you pay them from $150 to $250 to coat the inside of the body and the undercarriage with a special chemical. Yet, most auto manufacturers say their new cars are so rust resistant that they come with three- to five-year rust warranties. Here's how to size up this option.

Does your car need it?

The answer to that question depends on where you live, how much the job will cost, and of course, when you'll sell the car, before or after the manufacturer's rust warranty expires. (Rust proofing can increase a car's resale value; to find out how much in your area, call some used car dealers.)

- *Where you live.* There are rust belts in the U.S., just as there are snow belts and sun belts. The largest rust belts are those parts of the snow belts where salt is applied to roads in winter—the Upper Midwest and the Northeast. Your car can pick up this highly corrosive salt from road spray and from salt-laden snow that packs under fenders.

Another enemy of a car's metal areas is a salty, humid climate like that in the Gulf Coast. Regions often clouded with industrial pollution also tend to be corrosion belts.

Washing the car regularly helps counter the destructive effects of climate but isn't a total cure. If you wash the car yourself, you can miss salty deposits in hard-to-reach spots. And many commercial car washes recirculate their water, which means it's often salty from previous washings.

- *How much it will cost.* There's a wide range of costs and services in rust proofing. Chances are your car dealer will try to sell you rust proofing when you buy the car. Some dealers routinely rust-proof every car they sell, using a process they buy from a national rust-proofing company. They either tack the cost onto the selling price or offer the service at a discount or free to help clinch a sale. Resist the sales pressure until you've gotten estimates at a few rust-proofing shops. And don't think you must have a new car rust-proofed immediately; most companies offer full warranties for cars rust-proofed within one to six months of purchase.

Generally, expect to pay $150 to $250 for rust proofing (prices are influenced by the size of the car and the competition in the local market). Be wary of an under-$100 offer because something—quality or guarantee—may be missing.

Get the right warranty

Understanding a rust-proofing warranty is essential to getting a good job for your car. National rust-proofing companies offer warranties that vary from five years to "lifetime," or as long as you own the car. Most warranties cover only rust damage that causes a hole in a body part—called "rust-through." Not covered is surface rust on the body or bumpers where paint or chrome have chipped away. Here are some points to remember about rust-proofing warranties:

Warranty period. Usually a rust-proofing warranty runs concurrently with the manufacturer's, and the rust-proofer won't honor claims until the manufacturer's three-year warranty expires. If you buy rust proofing with a five-year guarantee, you're getting only two years of additional coverage.

Mileage limits. Watch out for statements like "lifetime or 60,000 miles." If you drive 15,000 miles a year, you would get only one year's coverage past the manufacturer's warranty.

Coverage qualifiers. Look for statements that imply restricted coverage like "covers only areas where material is applied." A good warranty will cover any rust-through from the window line to the bottom of the car, excluding the exhaust system.

Repair guarantees. Make sure the warranty states that your car will be fixed, not that you'll receive a refund on the rust-proofing job. If damage occurs, the refund probably wouldn't cover the cost of repairs.

Inspection requirements. Many, but not all, warranties require periodic inspections by a rust-proofing company—sometimes as frequently as once a year—to keep the warranty in force. Although this chore is a nuisance, the warranty can be canceled if you don't comply. Most inspections are free, but you might be asked to pay $10 to $15 if your dirty car needs a cleanup prior to the inspection. Avoid warranties that require you to return to the particular shop that rust-proofed your car; you should be able to go to any shop that handles the same process.

Inspect the job thoroughly

Once your car is rust-proofed, note the number of plugged access holes drilled to inject the rust-proofing material. Usually, you should find two or three on the ends of doors, three to five in the trunk, two to four under the hood, and one for every other boxed-in area. Fewer plugs signal an incomplete job. Of course, dishonest operators have been known to simply drill holes and replug them without injecting any material. To guard against that, look at the drain holes on the bottoms of the doors for signs of a slight leakage of rust-proofing material.

How about used cars?

A few companies and dealers will rust-proof used vehicles, but many don't because it's difficult to halt rust once it has started. Ziebart and Tuff-Kote both offer used-car rust proofing subject to a dealer's inspection. Warranties are limited, however.



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THE CARS PLYMOUTH
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FRONT-WHEEL-DRIVE PLYMOUTH RELIANT-K AMERICA'S HIGHEST GASOLINE MILEAGE SIX-PASSENGER CAR.

FRONT-WHEEL-DRIVE AND HIGH MILEAGE

25 41

The Plymouth Reliant has the highest mileage rating of any six-passenger car in America: 25 EPA est. MPG,* 41 est. hwy. Plymouth's advanced front-wheel-drive technology provides more effective engine power and reduces weight by eliminating heavy drive shaft parts.

*Reliant wagon 24 EPA est. MPG, 40 est. hwy. MPG. Use EPA est. MPG for comparison. Your mileage may vary, depending on speed, weather, and trip length. Actual highway mileage will probably be less. Calif. estimates lower.



FRONT-WHEEL-DRIVE AND SIX-PASSENGER ROOM

Reliant's engine and transmission are mounted sideways over the front wheels with the power train, leaving room for a compartment that comfortably seats six.

FRONT-WHEEL-DRIVE AND SERVICE

Reliant's new Trans-4 engine was designed exclusively for front-wheel-drive. It was also specially designed for easy and inexpensive serviceab...

FRONT-WHEEL-DRIVE AND TRACTION

The Plymouth Reliant has excellent traction, far better than that of conventional cars, because its engine and drive train are mounted over its front drive wheels. This puts all the engine and transaxle weight over the drive wheels, and moves the center of gravity to the front. This makes Reliant not only far more resistant to wheel spin in wet weather, but able to pull through snow where conventional cars may lose traction.

FRONT-WHEEL-DRIVE AND DIRECT POWER

In conventional cars, power from the engine travels down a long drive shaft to turn the rear wheels. The power from Plymouth Reliant's remarkable transverse-mounted engine and transaxle, however, goes directly to its front drive wheels without valuable energy being wasted by front-to-rear detours. This is Reliant's Direct Power System, and there is no more efficient way to get power to a car's wheels.

ARE HERE RELIANT-K TO BEAT THE PUMP



FRONT-WHEEL-DRIVE AND PRECISE CONTROL

Because Plymouth Reliant is pulled through turns, rather than pushed from behind, the wheels that power Reliant are the same wheels that turn it. Reliant corners with crisp precision, and maneuvers with comforting stability. With the balance of its weight up front, Reliant has the stability of a much heavier car. And with its small turning diameter, it maneuvers nimbly through traffic and parks with remarkable ease.

FRONT-WHEEL-DRIVE AND THE ENGINE THAT THINKS FOR ITSELF

Chrysler Corporation's new Trans-4 engine, actually thinks for itself. Seven sensors send back data to an on-board computer, to record with amazing accuracy variations in outside temperature, engine load, throttle, engine coolant temperature, speed, exhaust oxygen. The Trans-4 engine automatically responds to produce maximum combustion efficiency.

FRONT-WHEEL-DRIVE AND 10 BILLION MILES EXPERIENCE

Chrysler Corporation has a total of nearly a million small front-wheel-drive cars in use today. Based on estimates of 15,000 miles per car per year, that's a minimum of 10.5 billion miles of owner-driven front-wheel-drive experience.

FRONT-WHEEL-DRIVE AND QUALITY

Plymouth Reliant is built in America's most-advanced assembly plants.

Over 2,000 quality inspections are performed before each car leaves the line.

Every engine is rated by computer for 54 operations. Unless it gets 54 A's, it doesn't get into a Reliant-K.

So confident are we of Reliant's quality, that it comes with a 30 day/1,000 mile money-back guarantee.†

† Buy a new 1981 Plymouth Reliant from a participating dealer for personal use. Drive it up to 30 days or 1,000 miles whichever comes first.

If you're not happy with it, bring it back in good condition with no metal damage. When the dealer gets clear title, you get your money back, excluding finance and insurance charges.

Refund value of trade-in may differ from trade-in allowance on retail sales contract. Ask participating dealer for full details.

PLYMOUTH RELIANT K

Plymouth

The New Chrysler Corporation



You'll want to reach right out and hug these adorable baby lions and tigers. They're four delights for anyone's eyes! Just watch as they display their instinctive curiosity toward butterflies, birds, and ladybugs.

These four new friends will warm up any room in your home. What could be more appropriate for the bath, den, hallway, child's room or nursery? Famed artist Clancy has used soft rich tones which help make the Furry Friends fit right into any decor.

For each quality plaque, a detailed artist's print has been laminated onto ½" thick hardboard. You enjoy a lasting lustrous finish that's easy to clean with a damp cloth. The 8" x 10" plaques are ready to hang — and they come to you with rich chocolate-brown beveled edges that complement each work.

Your Furry Friends will be at home wherever you choose to put them. They'll even make new friends when you give sets as gifts. As a bonus, each order is accompanied with our **FREE** "Picture Hanging Tips" to aid your own decorating ideas on using pictures in your home.

Order your Furry Friends Plaques — and get set for lots of heart-warming smiles when they adorn your walls!

Only $19.95

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Quantity_____ No. 23118 Furry Friends $19.95

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Family Skiing in Switzerland

A skiing vacation in the Swiss Alps doesn't have to be as expensive as you might think. The revival of the dollar, plus special transatlantic air fares, can make schussing down Switzerland's slopes comparable in price to a ski trip in the States. It may even be fiscally feasible to take along the whole family.

Perfect family spot

Your best bets for a winter vacation are the picturesque mountain villages that the average Swiss family might choose. Though they're not swanky jet-set resorts, these tiny alpine towns won't shortchange you on skiing or atmosphere.

Outstanding among them is Braunwald, an off-the-beaten-track burg in the little-known canton of Glarus, southeast of Zurich. Here, there's plenty for children to do—outdoors and in—all day long, so parents can enjoy their freedom, too.

At the Hotel Bellevue, Braunwald's center for family activities, tots can attend a kindergarten that's included in the price of accommodations, while older children go to ski school. Language isn't a problem, since a British woman supervises the kindergarten and most licensed Swiss ski instructors speak English. The hotel's owner entertains the kids with a storytelling hour in the evenings, while parents sip an après-ski cocktail. At dinner, families can sit together or youngsters may eat separately.

There's no need to worry about children wandering off on their own—Braunwald is a safe and serene little mountain community. And since the Bellevue dominates the entire village from its hillside seat, getting lost is next to impossible.

As for traffic, there literally is none. Part of Braunwald's tranquil charm is that it's accessible only by a cogwheel railway. You get around town either on skis or on foot, dragging a small sled behind you (every time the path [illegible] you just jump on for a ride). Needless to say, the built-in sledding makes a big hit with youngsters. Sleds are available at the hotel for the asking.



Photograph: Fred Barbier/Swiss National Tourist Office



Photograph: Swiss National Tourist Office

Super schussing and spectacular alpine scenery await families who choose a skiing vacation in Switzerland, and even the youngsters can get in on the action.

Skiing at its finest

Tame as it sounds, Braunwald can be plenty exciting when you take to the slopes. The maximum vertical of [illegible] feet includes some steep, wide-open bowls above the timberline, as well as several challenging gullies lower down in the pine forests. Berghaus Gumen, one of several mountain restaurants, crowns the summit.

The resort's most demanding trails drop into a gorge from the Seblengrat, a craggy ridge served by gondola and chair lift. Still, none of these slopes is forbidding. Intermediate skiers and even advanced beginners will have fun on most of the runs—provided novices take the slopes a bit more slowly and in wide traverses.

For those who prefer cross-country to downhill skiing, there's a groomed trail of about three miles that crosses meadows and weaves through the woods from the gondola's top station. But regardless of which skiing mode you choose, you'll revel in Braunwald's greatest asset: breathtaking scenery. The resort sits on a shelf, sort of a natural terrace, completely surrounded by snowcapped peaks. And since the terrace faces south, it's sunny all day, practically guaranteeing a tan anytime.

Alpine accommodations

For the best rates, January is the time to visit. The Bellevue charges about $370 per person (depending on the rate of currency exchange) for a seven-day package, including a room with private bath, three excellent meals daily, unlimited lift rides, and six days of ski school. Extras like ice skating, swimming in an indoor pool, and planned festivities where everyone gets into the act also are part of the package. Children 12 to 16 receive 30-percent discounts; ages six to 12 pay half price; under six, free. Subtract $30 if you don't want ski lessons.

You can get "half-board" (lodgings and breakfast and dinner only) for about $40 less a week. But you're bet-

continued

Bermuda. Get away to it all!



"This is our twentieth visit to Bermuda. We never tire of being here."

Ed and Cindy Stegemann, shown above on the first tee at Castle Harbour, one of eight great golf courses in Bermuda.



"We met some of the fellows in the Bermuda Regiment and they were all so friendly, so happy. Why shouldn't they be, living here?"

"They do everything so beautifully. Even tea time is something special."



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the movie people

Dept. BG, 1275 Valley Brook Avenue, Lyndhurst, [illegible]

continued

Switzerland

ter off with the three-meal-a-day plan. Even then, you don't always have to dine at the Bellevue. Just notify the hotel in advance, and you can eat at any of Braunwald's other establishments for no extra charge. One restaurant that's a must is the Rubschen (your hotel meal allowance won't quite cover such specialties as venison, but they're worth the extra cost). You'll walk uphill for half an hour to reach the restaurant, but the sled ride back down is a delight.

If you come to Braunwald without the kids, you might prefer staying at the Hotel Niederschlacht, which has a livelier nighttime scene. Seven-day packages run the same as at the Bellevue (available in January, but not necessarily other months). Rates during February are a little higher (about $51 a day per person for a room with bath and full board, compared to the Bellevue's average $45 rate).

Reaching the ski scene

Braunwald is about 2½ hours from the Zurich Airport by train. You'll switch from the main-line train to one that climbs into a remote valley and then board the funicular (a mountainside cable railway) to Braunwald. Check your skis and baggage through to Braunwald, where they'll be taken to your hotel by sled or wagon.

Round-trip advance-purchase excursion air fare from New York to Zurich costs from $430 (travel Tuesdays, Wednesdays, and Thursdays, seven-day minimum stay) to $530 (travel any day, 14-day minimum stay). Children under 12 pay $286 and $354, respectively. The round-trip second-class rail fare is about $23; children under 12 pay half. Or buy a Swiss Holiday Card that gives you four to 30 days of unlimited travel on Swiss railroads, steamers, and postal buses—an eight-day second-class ticket costs about $79; children six to 16 pay half.

For more about Braunwald, contact Otto Cuonz, Braunwald Tourist Office, CH-8784 Braunwald GL, Switzerland (write the Bellevue at the same address). For details about Switzerland, write to Walter Bruderer, Swiss National Tourist Office, 608 Fifth Avenue, New York, NY 10020.



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Carpet pile of Du Pont Antron* III nylon has an amazing ability to take almost anything your active family can give it. "Antron" III nylon pile resists dirt, so your carpet will stay cleaner-looking. It withstands wear. It also resists crushing and matting; the pile bounces back. Du Pont "Antron" III nylon even protects against static shock. If you want your beautiful carpet to stay beautiful, insist on carpet made of Du Pont "Antron" III nylon. For good looks that last.

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DU PONT



Air Charter Update

Air charters aren't what they used to be. While rising fuel prices have increased both scheduled and charter flight costs, air fare deregulation has made promotional discount fares on regularly scheduled flights more competitive with charter prices. This competition has triggered sweeping changes in air charters. That's why it's essential to shop carefully—and to weigh all the possibilities when you're considering a charter flight.

Changes in chartering

First of all, the number of charter flights has declined. That means your choice of where and when you can fly via charter is more limited than when you travel on regularly scheduled flights. But charters during peak travel seasons to popular vacation destinations (like Hawaii, Las Vegas, etc.), or to locations served by only a limited number of scheduled flights, still may be attractive buys—if you're willing to sacrifice some flexibility. Charters simply aren't available all the time anymore, and they don't fly everywhere.

Gone, too, are the confusing days of the charter "alphabet soup." TGCs, ABCs, ITCs, OTCs, etc., along with their respective restrictions, have been replaced by "public charters." Now if there's a charter going where you want to travel, chances are good you'll qualify for a seat.

The public charters are organized by charter operators who negotiate with airlines to use planes for specific charter flights. Then the operators sell the seats for each charter to travelers directly or through travel agents. Usually, you can buy tickets right up until flight time—as long as the plane isn't filled. But some charter operators and some foreign governments may require that tickets be bought in advance.

Seats on flights may or may not be bought as part of a package deal (including your hotel room, meals, etc.). That depends on your preference, and on whether or not the charter flight is being offered as part of a package.

Cautions when flying charter

Though the new charters sound attractive, there are caveats to keep in mind. Probably the biggest risk these days is the possibility that the flight will be canceled. And when a flight is called off, it's often too late to make other arrangements to reach your destination at the time you'd planned.

Under Civil Aeronautics Board regulations, charter operators may cancel out up to ten days before the flight's scheduled departure with no obligation to travelers except to return their money within two weeks' time. Charter operators also can delay flights up to 48 hours, an inconvenience that may cut short your vacation. But most reputable operators will try to rebook you on a comparable flight on the same date.

Another unpleasant possibility is that your charter fare may be hiked as much as 10 percent (usually called a fuel surcharge) up to ten days before departure. If you cancel out because of the price increase, you stand to lose part of the amount you've already paid as a penalty. But if the fare hike is more than 10 percent, you're entitled to a full refund if you cancel out. If the charter operator makes a major change in plans—like switching the city of origin or destination, changing hotels, or delaying the flight more than 48 hours—you're also entitled to a full refund.

Changing your plans can be difficult and costly when traveling by charter, too. Full refunds, minus a small service charge (usually $10 to $25), are available if a substitute traveler is found to take your seat. But if no one buys your ticket, you stand to lose.

Exact penalties vary from operator to operator, but the closer to departure you drop out, the more you forfeit—even up to the full amount of your fare. Be sure to read the fine print in your charter contract before you buy. And ask the travel agent questions about anything you don't understand.

When you're computing the costs of a charter, you may want to figure in the price of charter cancellation insurance (available through the charter operator or a travel agent for about $10). This insurance guarantees you'll be reimbursed your full fare if you have to cancel due to an unexpected family illness or death.

A service fee is another potential add-on to the charter price. Be sure to ask the travel agent if there's a charge for booking a charter.

A new dimension

In the last year or so, airlines have been selling "blocks" of airplane seats, say 100 or so, to independent contractors and charter operators at prices below any fares offered directly to travelers. Both contractors and charter operators sell the seats to travel agents who market them to passengers.

The advantage to travelers are low-priced seats guaranteed by the airlines on regularly scheduled flights. The seats can be reserved months in advance. Ask a travel agent about these group or contract bulk fares.

The charter industry also is shifting away from rigidly structured charter packages toward more flexibility—packages providing a variety of options. For example, you might select a charter package that includes only a one-way flight or one with a few days' stopover in a city en route to your destination and other options regarding what ground arrangements (meals, lodgings, sight-seeing, etc.) to choose.

More sound information

You'll find a comprehensive listing of public charters, airline discount fares, contract bulk fares, and other good deals in *JAX FAX, The Travel Marketing Magazine* (most travel agents subscribe; also check libraries' reference sections). For a subscription, write to *JAX FAX,* Jet Airtransport Exchange, Inc., 280 Tokeneke Road, Darien, CT 06820 ($9 per year).

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Mix-and-Match Storage





Photographs: Harry Hartman. Architect: Terry M. Moor. Field editor: Estelle Bond Guralnick

When Terry and Susan Moor built their home in the New England woods they employed a lot of Yankee ingenuity—especially in the kitchen. Although they splurged on imported cabinets, the Moors cut their costs by augmenting the lower cabinetry with wall-hung display shelves and restaurant supply shelving. The diverse storage units are tied together with oak for an integrated, made-for-each-other look.

Terry and Susan first chose the oak base cabinets and then designed the rest of the room accordingly. Rather than hanging conventional upper cabinets along the sink wall of the kitchen, the Moors installed an open shelving system that was actually designed for use in a library or den. The long oak plywood shelves and simple brackets go beautifully with the fine-furniture look of the lower cabinets. Susan and Terry store their most frequently used dishes on the shelving; the plates and glasses are never on the shelves long enough to gather dust.

Counters with a view

The primary work area of the kitchen is located along the window wall, where the cook has an ever-changing view of the woods surrounding the house. A long bank of narrow windows stretches the length of the counter top and provides soft natural daylight for cooking chores. Overhead, floodlights on tracks are directed to illuminate the kitchen work area at night.

Small plants and knickknacks brighten the narrow oak shelf that caps the backsplash and forms a sill for the windows. This same type of shallow shelf could be added to a conventional windowless backsplash; the extra four inches of space is perfect for shelving spice bottles, coffee mugs, or recipe file boxes. The Moors' counter top and backsplash are low-maintenance white plastic laminate.

A cooking peninsula

Perpendicular to the window wall is a short peninsula that houses the self-venting cooktop. Directly behind the cooktop, a half-height wall keeps the young Moor children from reaching up to the cooktop from the back side of the counter. Varisized pots and wire baskets filled with fruit and vegetables hang above the peninsula, creating a free-swinging divider between the kitchen and the informal family dining space.

On the side of the kitchen opposite the sink wall, *photo right,* restaurant supply shelving topped with oak adds extra work and storage space.

Recessed appliances

To give the appliances a sleek, built-in look in keeping with the rest of the room, Terry constructed a sturdy unit with nooks for both the refrigerator and the double wall ovens. The dry-wall-covered unit encloses the front half of the appliances; the back half of the ovens and refrigerator are recessed into the actual kitchen wall. Terry's solution minimizes the bulk of the appliances—an important consideration in any kitchen. Large serving dishes and casseroles are up out of harm's way on the wide oak shelf that runs the length of the unit. Susan's desk is housed in a small nook on the far side of the built-in ovens—a convenient location for monitoring household activities.

The butcher block in the middle of the kitchen work area is handy for numerous cooking tasks, especially when there's more than one cook in the kitchen. Although the chopping block is small, it makes good use of the dead space in the kitchen's center.

To make the room seem larger, Terry made the ceiling higher than usual: a full eight feet and ten inches, including the beams. The ceiling is pine planking. The floor is covered with vinyl, patterned to look like cork.

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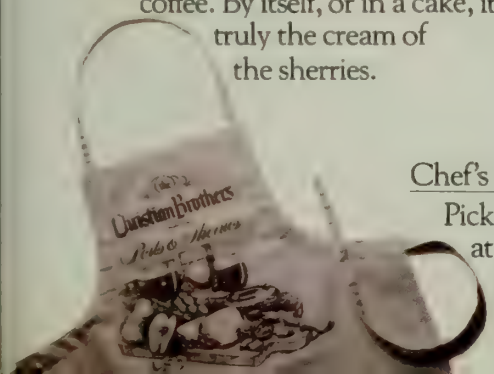
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SHERRY CAKE RECIPE

- 1 pkg. (1 lb. 2-1/2 oz.) yellow cake mix
- 1 pkg. (3-5/8 oz.) instant vanilla pudding
- ½ teaspoon nutmeg
- 4 large eggs
- ¾ cup THE CHRISTIAN BROTHERS® Cream Sherry*
- ¾ cup vegetable oil

In large bowl combine all ingredients. Mix at low speed 1 minute, then at medium speed 3 minutes (or beat by hand 5 minutes). Turn into greased and floured 10-inch Bundt** pan. Bake in 350° oven 45 to 50 minutes, until springy to the touch. Cool on rack 15 minutes. Turn out onto rack to cool completely. Dust with powdered sugar, if desired.

*Any of The Christian Brothers Premium California Sherries may be used.
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Posh Pumpkin Soup

If you think of pumpkin only in terms of jack-o'-lanterns and pumpkin pies, think again. This versatile vegetable can also yield an elegant and delicious soup.

Photograph: Dieter



LENTIL-PUMPKIN SOUP

An impressive first course—

2 cups chopped onion
¼ cup butter *or* margarine
5 cups chicken broth
1 16-ounce can pumpkin
½ cup dry lentils
½ teaspoon salt
¼ teaspoon pepper
⅛ teaspoon dried marjoram, crushed
⅛ teaspoon dried thyme, crushed
Dash bottled hot pepper sauce
1 cup light cream
½ cup toasted slivered almonds

In a Dutch oven or large saucepan cook onion in butter or margarine till tender but not brown. Stir in chicken broth, pumpkin, lentils, salt, pepper, marjoram, thyme, and bottled hot pepper sauce. Simmer, covered, 35 to 40 minutes or till lentils are tender. Let mixture cool slightly; puree mixture, a third at a time, in a covered blender container or food processor till smooth. Return mixture to Dutch oven. Bring to simmering; stir in cream. Heat through. Top each serving with some of the almonds. Makes 6 to 8 servings.

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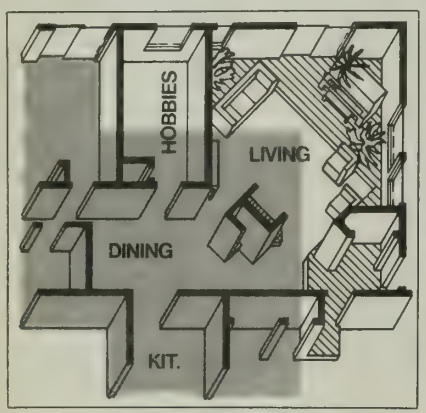
TEFLON II

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More Room for Living

After building a two-bedroom addition and converting their attached garage to a family room, the owners of this house felt that a couple of pieces were still missing: a family hobby center and a secluded front entry. The homeowners got both, and greatly enlarged their living room, by pushing out two of its exterior walls.



Drawing: Blaser/Kimball







Photographs: Ernest Braun. Architect: Lawrence Steiner

Field editor: Barbara East Cathcart

The two outside walls of the living room were pushed out seven feet, as you see in the plan, *above*. The shaded section shows the original layout of the area. Also shown on the floor plan is what looks like a room within a room, set at a 45-degree angle to the other walls. That space is defined by the triangles of a raised platform.

The wraparound platform [illegible] the new front entry, which is separated from the rest of the room by a drywall closet, *top right*. The platform continues past the window wall to the largest of the three triangles, *right*. A small upright piano fits neatly on this part of the platform, which measures 16 feet on its longest side. The sliding glass doors lead to a large garden.

Looking across the living room from the piano [illegible] you see the new fireplace and one wall of the new hobby center, *left*. The hobby area is open at the top, so it's flooded with sunshine from the two skylights above it. You can also see a portion of the dining room. Its ceiling was left at the original height.

The living room ceiling, though, was raised to the roof line. It, like the front of the fireplace, was paneled with redwood. Oak flooring was used for the platform.

THE FIRST OVEN WITH A SPLIT PERSONALITY.

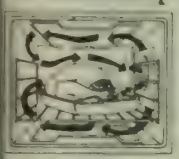
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What To Do When Your House Settles

As your house heaves a sigh and settles into middle age, signs of wear and tear are bound to appear. Two of them are cracking plaster or drywall around windows and doors, and an annoying tilt to floors. Here's how to repair the damage as it occurs so your home will age gracefully.

The expansion and contraction of wood and other building materials caused by variations in temperature, humidity, and ground moisture can cause old and new houses to settle. Wood shrinkage is another significant factor. Most new houses are built of green wood, which eventually loses up to 20 percent of its original moisture content. As the wood shrinks, cracks can open in the plaster or drywall.

When you repair cracks from settling or wood shrinkage it's important that the joints remain flexible. Use fiberglass fabric tape and a special adhesive to hold it in place. The patch will have much more "give" than spackling paste. You also can use nylon mesh tape embedded in and covered with drywall joint compound.

If your house settles enough to cause the floors to tilt, consider hiring a professional to check the foundation. You can use house jacks to lift the sagging portion up to the proper level.

Two kinds of jacks can be used. The screw jack is safest, but since it is raised with a metal pipe up to ten feet long, a screw jack can be difficult to use in tight places. The other device is a hydraulic jack. Because the hydraulic seal can break, a hydraulic jack is generally used only for the lifting; then a screw jack is put in its place to hold the house.

A house should be jacked up only about a quarter inch a day. The expansion and contraction of the house during the day and night will allow plaster, drywall, doors, and windows to readjust without producing large cracks.

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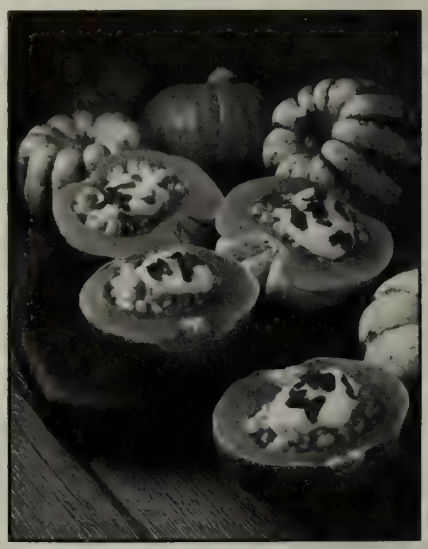
Something New In Squash

Along with all of the traditional winter squashes available now, two newcomers have appeared on the scene: golden nugget squash and sweet dumpling squash. These two Oriental varieties are smaller than acorn squash, but they're every bit as big on flavor.

The golden nugget squash resembles a small pumpkin and has soft, bright orange flesh that tastes like pumpkin, too. Sweet dumpling squash has a green-and-orange-streaked exterior with fluffy, bright yellow flesh and a slightly sweet flavor. Either of these squashes, halved or quartered, is ideal for two to four side-dish servings. Try one or both, filled or sauced, in our taste-of-fall recipes below.







Photographs: Dieter

RAISIN-FILLED SQUASH WEDGES

You can use the sauce to complement acorn squash, too—

- **2 medium dumpling *or* golden nugget squash (1 to 1¼ pounds each)**
- **1 cup water**
- **¼ cup sugar**
- **2 teaspoons cornstarch**
- **½ cup orange juice**
- **¼ cup water**
- **⅔ cup raisins**

Quarter squash lengthwise; discard seeds. Arrange squash in a 3- to 4-quart saucepan, skin side down; add 1 cup water. Season with *salt* and *pepper*. Bring to a boil; reduce heat. Cover and steam for 15 to 20 minutes or till squash is tender.

Meanwhile, in saucepan combine sugar and cornstarch. Stir in orange juice, the ¼ cup water, and the raisins. Cook and stir till thickened and bubbly. To serve, place squash wedges, cut side up, on serving platter; spoon some of the raisin sauce over each. Makes 4 to 6 servings.

SQUASH WITH TOASTED ALMOND SAUCE

The super simple, but elegant, sauce is based on melted butter—

- **2 medium dumpling *or* golden nugget squash, halved**
- **Salt and pepper**
- **¼ cup butter *or* margarine**
- **⅓ cup slivered almonds**
- **⅓ cup sliced water chestnuts, drained**
- **1 teaspoon lemon juice**

Halve squash lengthwise; remove seeds. Place halves, cut side down, in baking pan. Cover with foil; bake in 350° oven for 30 minutes. Turn squash halves cut side up; sprinkle with salt and pepper, if desired. Bake, covered, till tender, about 20 to 30 minutes more.

Meanwhile, in a small skillet melt butter or margarine; add almonds and cook till browned. Stir in water chestnuts and lemon juice; cook till heated through. To serve, place squash, cut side up on platter; spoon butter mixture over squash. Makes 4 servings.

SOUR CREAM 'N CORN SQUASH

Next time, try plain yogurt in place of the sour cream—

- **2 small dumpling squash *or* golden nugget squash (¾ to 1 pound each)**
- **1½ cups frozen loose-pack whole kernel corn**
- **2 tablespoons butter *or* margarine**
- **Dairy sour cream**
- **2 slices bacon, crisp-cooked, drained, and crumbled**

Halve squash lengthwise; scoop out seeds. Place halves, cut side down, in a shallow baking pan. Cover with foil; bake in 350° oven for 30 minutes. Turn squash cut side up; sprinkle with *salt* and *pepper*, if desired. Bake, covered, for 20 to 30 minutes more or till tender.

Meanwhile, cook corn, covered, in a small amount of boiling, salted water about 5 minutes or till tender. Drain; toss with butter or margarine.

To serve, place squash, cut side up, on platter. Spoon corn into centers; top with sour cream and some of the crumbled bacon. Makes 4 servings.

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1880 Kodak *1980*

An Indoor Patio Addition

This sunny, plant-filled addition combines the best features of a family room and a patio, and lets the homeowners enjoy the great outdoors all year round. The add-on also brings new life to the adjacent rooms.



Photographs: William N. Hopkins. Builder: Bob Willett
Interior decorator: Sharon Schnackenberg. Field editor: Maxine Schweiker

Casement windows on the north and east sides and sliding glass doors on the south bring the scenery inside. Two skylights help to keep the room bright, even on cloudy days.

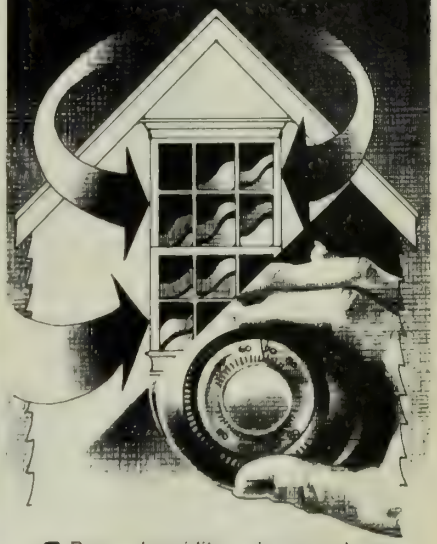


Before the addition was built, a bay window in this wall of the kitchen, *above*, faced a concrete-slab patio that looked dismal and forlorn during the chilly months. That old slab was removed and new footings for the sunroom were poured in its place. The bay was then eliminated to open the kitchen to the cheery new view.



The dining room, at the right, *above*, which used to be separated from the patio by glass doors, is now completely open to the addition. From this corner the addition looks much more like a patio than a room. Sunlight reflected off the white vinyl flooring extends far into the rest of the house.

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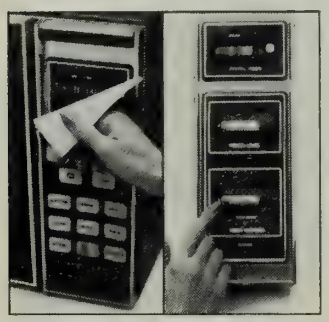
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Uncommonly Tasty Leeks

If you like onions, you're sure to like their close relatives, leeks.

LEEK-ARTICHOKE APPETIZER PIE

- **2 cups chopped leeks (4 large)**
- **2 tablespoons butter *or* margarine**
- **2 3-ounce packages cream cheese, softened**
- **¼ cup butter *or* margarine, softened**
- **1 egg**
- **¼ cup milk**
- **¼ teaspoon salt**
- **Dash ground red pepper**
- **1 7¾-ounce can artichoke hearts, drained and finely chopped**
- **1 cup cooked rice**
- **1 4-ounce can sliced mushrooms, drained**
- **1 9-inch baked pastry shell**
- **2 tablespoons fine dry bread crumbs**
- **¼ teaspoon paprika**
- **1 teaspoon butter *or* margarine, melted**

In a saucepan cook leeks in the 2 tablespoons butter or margarine till tender but not brown. In mixer bowl beat cream cheese and the ¼ cup butter or margarine till fluffy. Add egg, milk, salt, and red pepper. Beat till blended. Stir in leeks, chopped artichokes, rice, and mushrooms. Turn into baked pastry shell. Combine bread crumbs, paprika, and the 1 teaspoon butter or margarine. Sprinkle over pie. Bake in a 350° oven 45 minutes. Serve warm. Makes 12 servings.



Photograph: Dieter

CREAMY LEEK POT ROAST

- **1 3- to 4-pound beef chuck roast**
- **2 tablespoons cooking oil**
- **1½ cups sliced leeks (3 large)**
- **¾ cup chicken broth**
- **½ teaspoon salt**
- **1 large bay leaf**

• • •

- **3 tablespoons all-purpose flour**
- **½ cup dairy sour cream**
- **Hot cooked noodles**

Trim excess fat from meat. In an oven-going Dutch oven brown meat in hot cooking oil. Add leeks around edges of roast. Blend together chicken broth, salt, ⅛ teaspoon *pepper*, and bay leaf. Pour over roast. Cover; roast in a 325° oven for 1½ to 2 hours.

Transfer meat to platter; keep warm. Skim fat from pan juices; discard bay leaf. Stir flour into sour cream. Stir about *¼ cup* of the pan juices into sour cream mixture. Return to pan. Cook and stir till mixture bubbles. Serve with roast over noodles. Serves 6 to 8.

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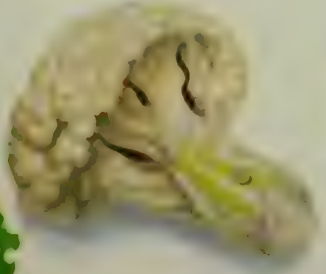
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K5SS

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A Capsule Guide To Brandies

If you think of brandy as only an elegant after-dinner drink, it's time to learn more about this versatile spirit. Today, both domestic and imported brandies are produced in a gamut of flavors, ranging from heavily sweetened brandy-based liqueurs to fiery unaged brandies.

Regular and imported brandies

Regular, or **beverage** brandy—made from distilled grape wines, then aged.

Cognac—a type of regular brandy that legally can be made only from wines produced in the Cognac region of France.

Grappa—Italian brandy that is usually unaged before bottling.

Metaxa—Greek brandy.

Pisco—Peruvian brandy.

Brandy blends

In addition to regular brandy and cognac, there are several other types produced from grape wines around the world. They include:

Advocaat—a Dutch egg brandy made with eggs, sugar, and brandy.

B & B—Benedictine liqueur and brandy.

Chartreuse—a green or yellow brandy flavored with herbs, plants, and extracts from a centuries-old recipe.

Fruit-based or -flavored brandies

Fruit brandies are made from a variety of fruits other than grapes, and may or may not be aged. These brandies include:

Apple—made from fermented cider. *Calvados* is the French version; *Applejack*, the American.

Apricot—also called *Abricotine.*

Blackberry—may contain red wine.

Cherry—clear brandy produced from both the cherries and the pits; the German version is *Kirschwasser.*

Peach—made from fresh peaches steeped in sweetened brandy.

Pear—colorless; one Swiss brand comes with a pear inside the bottle.

Plum—clear brandy that's called *Slivovitz* by central Europeans.

Raspberry—also called *Framboise.*

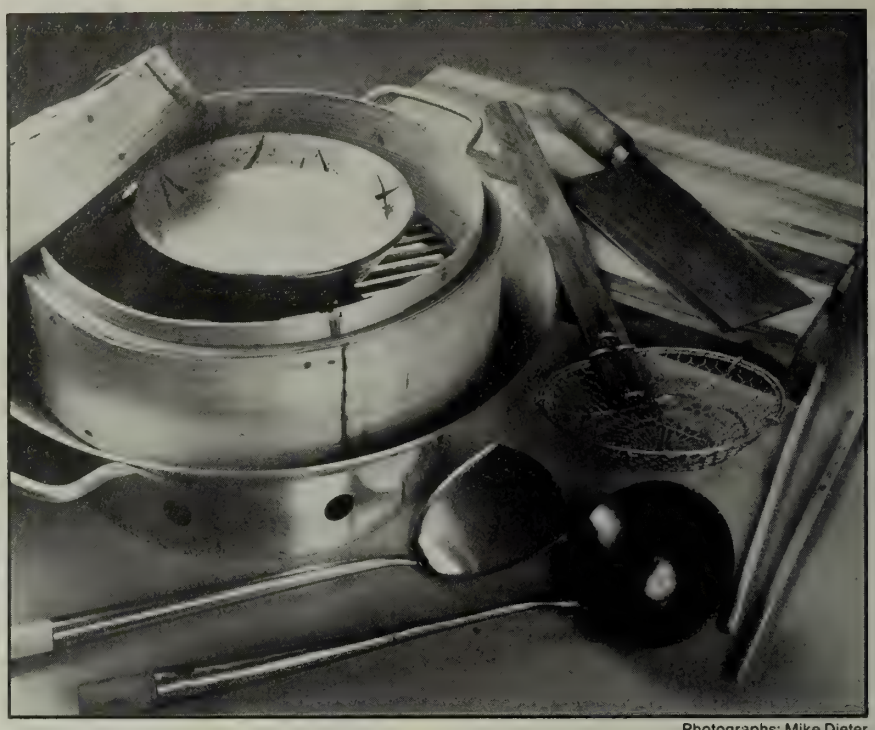
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Chinese Cooking Tools

Equip yourself with a little daring and a few sturdy utensils, and you're all set to discover the fun of home-cooked Chinese food. Once you do, you may never settle for "carry out" Chinese food again.



Photographs: Mike Dieter

The **wok** is the primary cooking implement used in preparing Chinese food. It takes the place of our frying pan and saucepan, and is used for steam cooking as well as for deep-fat frying a variety of foods. The wok's sloping sides and curved bottom make it ideal for stir-frying artfully sliced vegetables and tiny morsels of chicken or pork. The hot metal quickly sears the food on all sides so that the ingredients retain all of their juices, flavors, and colors. Don't be afraid to use your wok for Western cooking tasks too—it's perfect for browning meat for a stew.

Most cooks prefer steel woks because they are heavy and distribute the heat evenly. Don't expect to keep your steel wok pristine. With age and proper seasoning it will blacken and develop a natural nonstick coating.

The **support ring** underneath the wok keeps the pan steady over either a gas flame or an electric range element.

Set a **bamboo steamer** over a wok of boiling water and steam plates of vegetables, chicken, or fish; it's a whole new way to cook! Or steam Chinese dumplings and buns by setting them right on the bamboo slats. Buy a couple of steamer rings and stack them —you can cook a whole meal at one time. And the food doesn't get soggy because the steamer's bamboo top absorbs excess moisture so that no water drips back onto the food below.

A **brass strainer, wok spatula,** and **ladle** come in handy for cooking and serving a variety of Chinese dishes. The spatula has a curved edge to fit the concave sides of the wok.

However unwieldy it first appears, a **Chinese cleaver** is a cut above other knives for slicing vegetables, boning chicken, or mincing pork for dumplings. Look for a heavy cleaver with a rectangular blade of carbon steel. Keep the cleaver well sharpened, and use it only on a breadboard or chopping block. Many Oriental cooks prefer a round of softwood to chop and slice on; the cleaver blade stays sharp longer.




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Styling A Sitting Niche

Why let bump-outs, bay windows, and tiny niches go to waste? By adding a few furnishings, you can turn that idle space into inviting sitting spots, like these two charming examples.



Photograph: Ernest Braun. Design: Kathy Aldrego
Field editor: Helen Heitkamp

A mixed bag of furnishings personalizes this little sitting niche. An old wooden bench and a pint-size bentwood chair provide seating space, while a small iron grate serves as a coffee table. To define the cozy area, the back wall is painted dark blue. Country-print pillows and framed Monopoly card posters repeat the color, tying the scheme together.



Photograph: Fred Lyon. Design: Mrs. Stephen Raffle
Field editor: Barbara Cathcart

The simple addition of an upholstered wing chair turned this bump-out window space into a sunny sitting spot. Books and collectibles are kept nearby on a Parsons table. A stained-glass panel, suspended in front of the window, adds a decorative touch without blocking the view.

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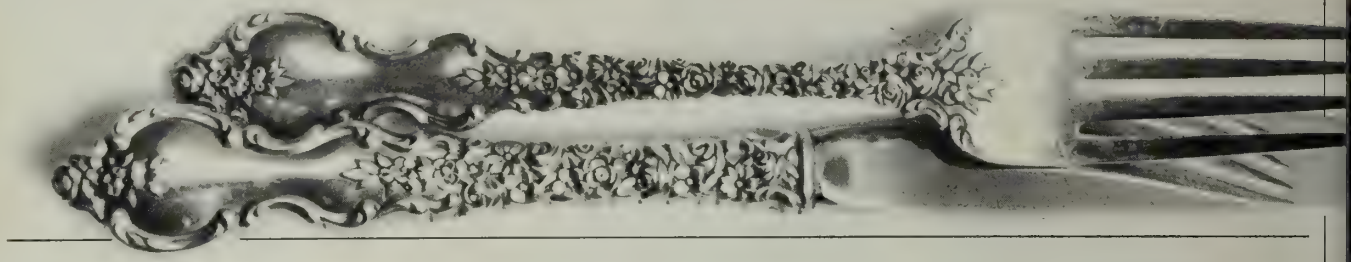
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Margaret Daly

Are Your Valuables Adequately Insured?



You're probably aware of the spectacular rise in the price of gold, silver, diamonds, antiques, coin and stamp collections, and other valuables. You may even be gloating over how the rising value of your possessions has enhanced your net worth. But are you aware of what your losses would be in the case of fire, theft, or even carelessness? Chances are, you're considerably underinsured. If so, it's important to get additional coverage right away. Here's what to consider.

First, be realistic in estimating how much your valuables have risen in worth. For example, a set of sterling silver flatware purchased for $2,500 a year or two ago may now be worth $10,000 to $12,500, despite the recent drop in the cost of silver. Gold jewelry prices may have peaked, but they are still at stratospheric levels. Diamonds have tripled in price over the last four years. Antique jewelry has gone up 500 percent. Stamp collections are increasing in value at the rate of 20 to 40 percent a year. Many kinds of antique furniture have doubled or tripled in value in recent years.

Your chances of suffering a loss have risen, too. Last year there were more than three million burglaries in the United States, a large part of them in the suburbs. And fire losses were almost double those of 1970.

The limits under homeowners insurance

If your homeowners policy is a standard one and you haven't increased your insurance, here are the maximum amounts you could collect for loss in any one incident: $100 on currently circulated coins, currency, and collections of rare coins; $500 on securities, deeds, passports, rail and airline tickets, stamps and stamp collections; $500 on jewelry, watches, necklaces, bracelets, furs, precious and semiprecious stones; $1,000 on manuscripts and guns; $1,000 on silverware, goldware, pewterware (except in states where older policies are in effect). No limits are set on works of art or antiques, but a valuable collection might eat up most of your personal property coverage (one-half the policy's face value). At current replacement costs, you probably would recover only a fraction of your loss on such items.

What about additional insurance?

Your agent can readily provide it—by endorsing your present homeowners policy or by writing a personal articles floater. Either of these contracts will cover personal jewelry, silverware, furs, stamp and coin collections, musical instruments, antique furniture, fine arts, golf equipment, cameras.

Premiums vary according to the items insured, the amount of coverage, and the area in which you live. Some sample rates: cameras and projectors, $1.65 per $100 per year; golf equipment, $1.30 per $100; furs, 50 cents per $100; jewelry, $1.30 to $3.00 per $100; silverware, 24 cents per $100. For arts and antiques, rates vary (typically, from 40 cents to 70 cents per $100 coverage) by state and company.

Under this additional insurance, you get automatic coverage up to your policy limits for 30 days on most newly acquired property—such as jewelry, watches, cameras, and musical instruments—provided you already have coverage on other items in that category. Say you buy a ring and also have insurance on other jewelry. You get protection immediately, but you must report the acquisition within 30 days. The automatic coverage provision does not apply to silverware.

For most of these items, you are covered throughout the world against all risks, including theft. But the insurance company has the option of limiting the coverage to the continental United States and Canada.

What if you can't get coverage?

Suppose you live in an area where insurance is hard to get because of a high crime rate. You can get burglary and robbery protection through federal crime insurance to a maximum of $10,000 for households. Your agent has details. The policy insures all personal property, including jewelry, but loss of money is covered only up to $100. There is a deductible of $50 or five percent of the gross amount of the loss, whichever is greater.

Federal crime insurance is available from regular insurance agents in 23 states, the District of Columbia, and Puerto Rico. It is noncancelable even if you make a claim. Rates run from $20 to $80 per year, depending on the area. The requirements are simple: all outside doors must have either a dead bolt lock or a self-locking deadlatch, and windows must be equipped with some type of locking device.

How do you know what your valuables are worth?

A professional appraiser can give you an unbiased, up-to-date evaluation of your valuables. In fact, most insurers require an appraisal before

continued on page Z32

Photograph: Kuhn/Garmon

When your cargo is this precious.

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You'll find its mileage surprisingly economical too. In fact, Wagoneer actually gets about the same gas mileage as full-size 2-wheel drive wagons. 16 EPA EST MPG, 21 HWY EST.* But unlike the others, Wagoneer lets you switch into 4-wheel drive whenever conditions require the added traction.

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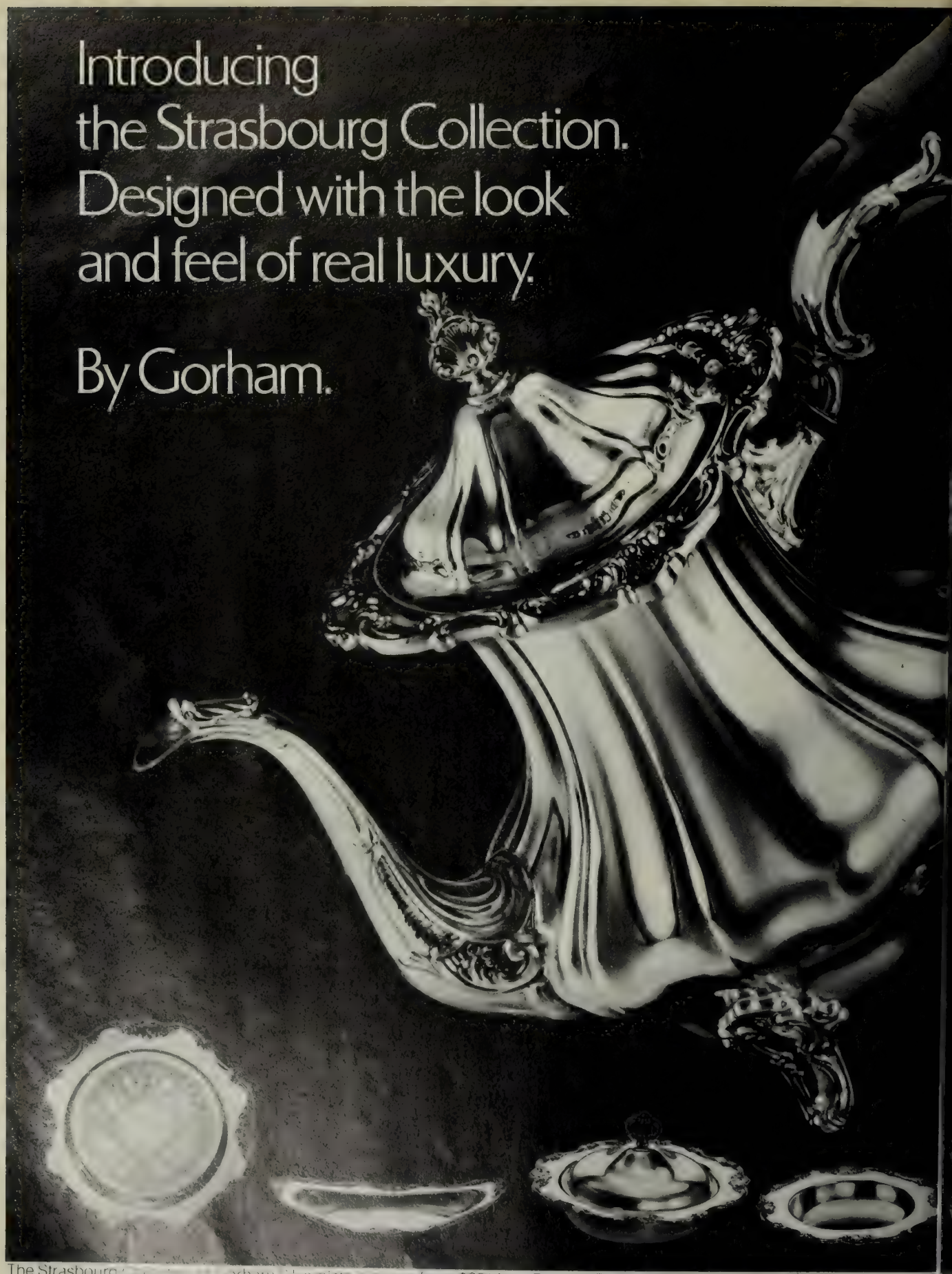
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The Strasbourg [illegible] Gorham Silverplate is priced from $35* for a Bonbon Dish to $250* for the 44 oz. Coffee Pot.
*Suggested retail price, subject to change without notice. Gorham, Providence, R.I. 02907

Real luxury has a look and feel all its own. Especially luxurious, quality silverplate. Consider the new Strasbourg Collection of serving accessories from Gorham.

Pick up any piece of Strasbourg Silverplate. The first thing you notice is how heavy and solid it feels in your hands. This silverplate feels every bit as substantial as it looks.

Now turn it over. Notice that the border decoration on Strasbourg Silverplate is not stamped out. Instead it is meticulously applied. A more expensive process, of course. But one that ensures sharp, crisp detail.



Next examine the finish on Strasbourg Silverplate. See how richly it glows. Every piece is hand polished and finished with the same care and expertise that goes into Gorham Sterling. This is truly silverplate you would be proud to own or give.

Come in and see the complete collection of Strasbourg serving accessories for yourself. You'll find everything from this handsome coffeepot, to a teapot, to a sauce bowl. A sugar and creamer. Trays for every use. Even a bonbon dish. In other words, anything you might need to make your entertaining really special.

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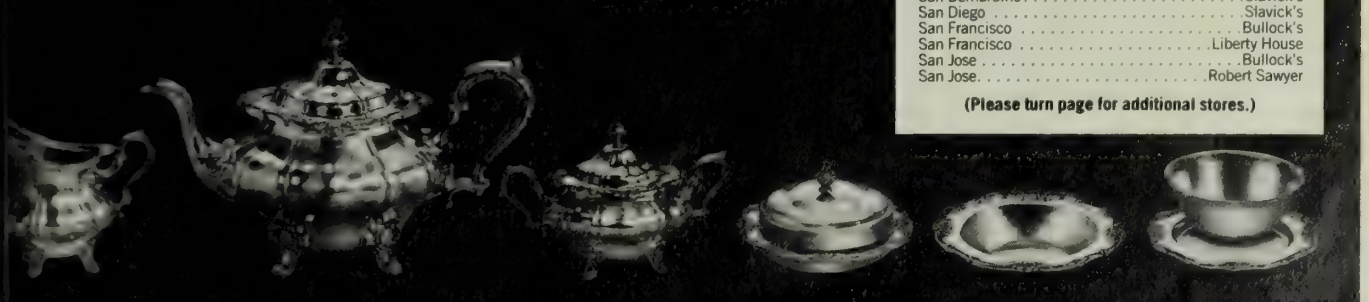
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Guymon — Zellers Jwlrs.
Tulsa — Edison's

OREGON
Corvallis — Frederick & Nelson
Eugene — Meier & Frank
Portland — Frederick & Nelson
Portland — Meier & Frank
Portland — Stevens & Son
Portland — Zell Brothers
Salem — Meier & Frank

PENNSYLVANIA
Chambersburg — Long Jwlrs
Pittsburgh — Bailey, Banks & Biddle
Pittsburgh — Chapel Flower & Gift
Pittsburgh — John M. Roberts

RHODE ISLAND
Providence — Tilden-Thurber

SOUTH CAROLINA
Easley — Belk-Simpson
Greenville — Belk-Simpson
Greenville — Ivey's
Greer — Belk-Simpson

TENNESSEE
Germantown — Brodnax Jwlrs.
Jackson — Brodnax Jwlrs.
Memphis — Brodnax Jwlrs.
Nashville — Phillip & Buttorff

TEXAS
Amarillo — Calbert's
Arlington — Edison's
Austin — Edison's
Cuero — Lester Frers Jwlry.
Dallas — Sterling Jwlrs.
Denton — Sutton Jwlrs.
Eagle Pass — Baker Jwlrs
Edinburg — Candlehouse
Edna — Maresh Jwlry.
El Campo — Gerberman & Bures
Fort Worth — Edison's (all stores)
Galveston — Isenberg's Jwlry.
Galveston — Michael Jwlrs.
Galveston — Port Holiday Jwlrs.
Houston — Houston Jwlrs.
Houston — Marshall Field
Houston — Sweeny (all stores)
Kerrville — Brehmer's Jwlrs.
Laredo — Foster's
Laredo — Le Passe
McAllen — Britton's
McAllen — Jones & Jones
San Antonio — Linz (all stores)
Wharton — Sharmon's Jwlrs.
Wichita Falls — Edison's
Wichita Falls — Holder's Jwlrs.
Wichita Falls — Kruger Jwlrs.

UTAH
Salt Lake City — Weinstock's

VIRGINIA
Richmond — Schwarzschild's

WASHINGTON
Bellevue — Bevan Jwlrs.
Kennewick — Dodson's
Renton — Porcello Jwlrs.
Seattle — Frederick & Nelson
Seattle — Friedlander & Sons
Spokane — The Crescent
Spokane — Dodson's
Tacoma — Frederick & Nelson
Tacoma — Friedlander & Sons
Tacoma — Gunderson's Jwlrs
Tacoma — Peoples
Vancouver — Meier & Frank

continued

Adequate insurance

they'll provide coverage beyond the homeowners policy limits. The appraiser may uncover unsuspected values—inherited jewelry or art objects, for example. He may also save you from becoming overinsured—a waste since you won't collect more than the item's worth, no matter what your coverage.

Though an appraiser's fees can be high (typically, 1 percent of the appraised value, or from $50 to $125 an hour), he can usually save you money on insurance, taxes, etc. Your local jeweler or antique dealer may be able to recommend an appraiser. Or write to the American Society of Appraisers or the Appraisers Association of America, both located at 60 East 42nd Street, New York, NY 10017. Because of rapidly escalating prices, have your valuables appraised periodically.

How can you keep premiums down?

Taking a couple of steps will help. For example, most companies will give you a discount of from 2 to 5 percent when you install a burglar alarm. You get a 2-percent discount for an alarm that rings a bell on the outside, and up to 5 percent for one that is hooked up to a police station or a private security company system. Alarms are expensive, but they will detect or scare off most burglars, especially the young amateurs or semiprofessionals who are responsible for the great majority of break-ins.

You can get premium reductions for safe deposit storage, too. Terms vary from company to company. Specific items of jewelry can be insured for a reduced premium if the policy states that they will be kept in a bank vault. You must notify the company if you intend to remove items from the vault, however. You pay an additional premium for the time articles are away from the vault. A premium credit is also allowed for a stamp and coin collection if 75 percent of the collection (by value) is kept in a vault or a fireproof combination-locked safe when not being used or exhibited.

—George Weinstein



Fisher-Price celebrates 50 years of making childhood memories.

Look inside these pages and discover some of the lovely toys we've made in 1980. We hope they prove that when your heart is young, every Christmas is as marvelous as the first.

© 1980 Fisher-Price Toys, East Aurora, New York 14052 Division of The Quaker Oats Company


Baby's First Blocks
Miss Muffet Play Pillow
Rock-A-Stack
Freddy Bear
Security Bunny
Fisher-Price makes toys you can trust with a baby.
We know that curious babies are a lot stronger than they look. That's why we designed every Crib & Playpen toy to stand up to everything a lively infant can dish out. And so mom can really relax while baby has a rollicking good time.
Bath Activity Center
Happy Apple
Henry Hippo
Chime Ball
Turn & Learn Activity Center
Three Men in a Tub
Lolly
Sandy Starfish
Squeaky Bear
Animal Ring
Xylo Drum
Flower Rattle
Ellery Elephant
Dexter Dog
Activity Center

Play Family Action Garage

Play Family Fire Station

The Woodseys' Log House

Play Family House

Fisher-Price play sets make a big, big world just the right size.

That's why all our Play Family play sets are populated with simple little figures that fit in furniture and cars and trucks. And our new Woodseys are soft, furry animal people right out of their own storybook world.

The Woodseys' Airport

Play Family Farm

Fisher-Price dolls are always soft and huggable.

Fisher-Price makes all our dolls that way because we believe that's what a doll should be. We have little girl dolls and baby dolls and small dolls to tote anywhere. Our most remarkable new Baby Soft Sounds coos and fusses and tries to talk just like a real baby.





Fisher-Price trucks do more than spin their wheels.

They dump, they dig, they bulldoze. In fact, they all do a good day's work. Their bodies can't rust even when they're left out in the rain. And best of all, every Fisher-Price truck comes with a husky helper to give your child a helping hand.

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Fisher-Price preschool toys run on child power.

Our preschool toys are fueled by the energy of small bodies and the stretch of young imaginations on the way to learning something new. So they never run out of steam. Until your children do.

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Talk-To-Me Player and Books
Batteries not included

Phonograph



Movie Viewer

Fisher-Price Audio-Visual toys let your kids run the show.

Fisher-Price feels that music and cartoons and stories are meant to be shared. So all our Audio-Visual toys provide hours of indoor entertainment, for the whole gang. And they're specially designed to withstand the awkwardness and impatience of your small and eager showmen.

Movie Viewer Theater







Fisher-Price Adventure People challenge the imaginations of your older kids.

The Fisher-Price Adventure People are ready to zoom, karoom, paddle or fly on all the adventures your older kids can dream up. The latest expedition sets out in our wonderful new Alpha Probe with its electronic sounds and flashing lights. To go to the moon or as far as imagination can reach.

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A Super

Attic Conversion

Before you conclude that the only way to get more living space is to add on, consider your attic. Chances are that idle area can be converted to full-time family use. Here's how one family did just that.

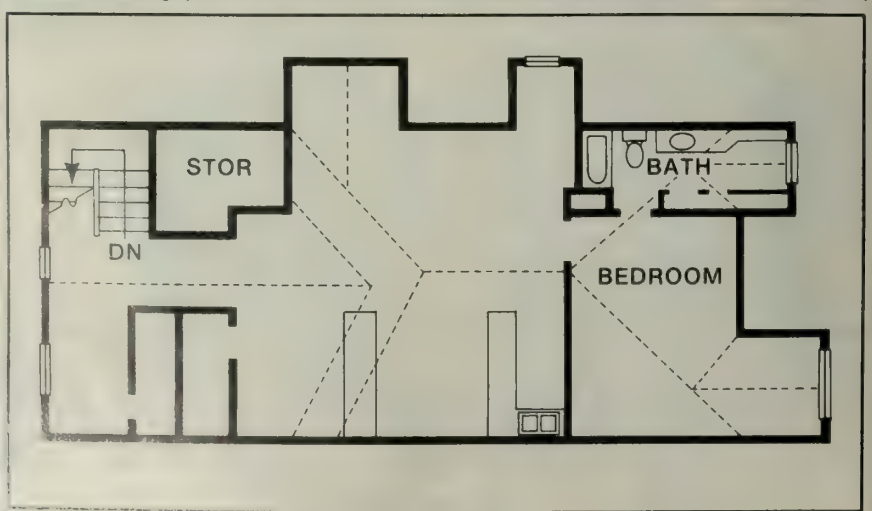
Most of the square footage (1,100) in the attic was turned into a family recreation center, *right.* Five room-brightening skylights create a feeling of spaciousness, and the light-colored fabric covering the sloped ceiling gives the room a warm feeling. Pickled wall paneling, exposed beams, and trim further lighten the room; the custom-built pool table is constructed of the same matching blonde wood.

The existing air-conditioning unit and ductwork could not be moved, so the homeowners constructed a wet bar and a built-in seat to camouflage the units. A bedroom and full bath, away from the rest of the house, make the attic an ideal spot for out-of-town guests. Later, the bedroom can provide new sleeping quarters for a growing family. A storage area at the opposite end of the attic is just across from other newly developed spaces *(see plan).* They include a built-in temperature-controlled wine vault, a walk-in closet, and a small solarium *(bottom left of the plan from right to left).*



Photographs: Frank Lotz Miller. Renovation consultant: Peter Briant. Field editor: Bonnie Warren Crone






Eight chances
to receive
a beautiful
thank you note.
1.
2.
3.
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5.
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7.
8.
Give someone a beautiful, built-in way to express gratitude. In all kinds of writing systems or in fine, rich paper.
And you'll be grateful too. For stopping and looking at this page.
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SHEAFFER EATON TEXTRON
Sheaffer Eaton Division of Textron Inc

A Triple-duty Room

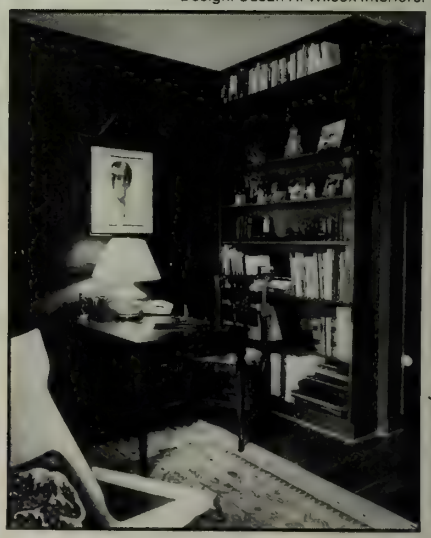
Need extra room at your place, but can't afford to add on? Here are some ingenious ideas to make the space you have work overtime.

▶ With the help of versatile furnishings, this small room functions as a den, a home office, and a guest room. An armless sofa with loose back cushions provides comfortable daytime seating; when the pillows are removed, the unit converts into a bed for overnight guests. The built-in bookcases stretch from floor to ceiling, but they don't overpower the room because they're painted the same color as the walls. Two wall-mounted swing-arm lamps flanking the sofa offer ample reading light without stealing floor space.



Photographs: Maris/Semel. Field editor: Ruth L. Reiter
Design: Susan H. Wilcox Interiors.





▲ Tucked in the opposite corner of the room is a handy home office. A writing desk, placed perpendicular to one wall, provides ample space for work and study. A built-in wall unit with adjustable shelves keeps books and reference materials within arm's reach.

The desk adapts for other uses, too. It can serve as a dressing table for stay-over guests, for example, and as a compact dining spot for morning brunch or a midnight snack.



Plate No. 1055



Turn into Art Deco.



Or become as modern as you are.

A beautiful way to keep a bathroom new-looking, longer. New Siena™ Ceramic Tile from American Olean.

Siena™. It'll still look beautiful long after other materials have bored you to tears. Or driven you to them—because they get so worn and ugly.

Siena has an exceptionally hard glaze, though its surface appears velvet-soft. And it comes in neutral shades with subtle variations. Shades that let you create a new-looking bath, simply by changing accessories. The way we've shown here.

See Siena ceramic tile at an American Olean Showroom (check the Yellow Pages). Or, send $1.00 to American Olean Tile Company, 2789 Cannon Avenue, Lansdale, PA 19446. And we'll send you several beautiful tile brochures and a Siena sample.

American Olean Tile

A National Gypsum Company

Small-Space Schemes

With the help of today's versatile, scaled-down furnishings, you can make even a pocket-size space provide lots of room for living. These two rooms show how to arrange the furniture in functional groupings to create separate areas for working, dining, and entertaining.

▶ Small-scale furnishings were carefully placed to make this long, narrow space do double duty. An armless sofa and a pair of slipper chairs are grouped in the center of the room to create a comfortable sitting area. Visually, the simply styled pieces don't consume much space because their canvas upholstery blends with the off-white walls. A dhurrie rug defines the conversation area and punctuates the neutral color scheme with soft pastel colors.

At the far end of the room, an old table and cushioned chairs turn a slice of wall space into a cozy eating spot. The chairs also can be pulled into the living area to provide extra party seating when needed.

In lieu of bulky curtains or cumbersome draperies, tailored mini-slat blinds dress the window. Wall-mounted track lights eliminate the need for table or floor lamps. And, to add height to the small space, the standard eight-foot ceiling was removed to expose the dark wood ceiling beams.

▶ Scaled-down furniture pieces also make good use of every inch of space in this pint-size den. Paired ottomans and a matching love seat are grouped atop a sisal area rug to provide an inviting sitting area. A sturdy wooden chest placed parallel to the sofa serves as a coffee table.

A small trestle table and chairs convert corner space into a handy dining/home office area. A wing-arm floor lamp provides ample light.

To visually open up the space, the window and wall treatments are minimal. A simple matchstick blind covers the window, while the French doors are left bare.

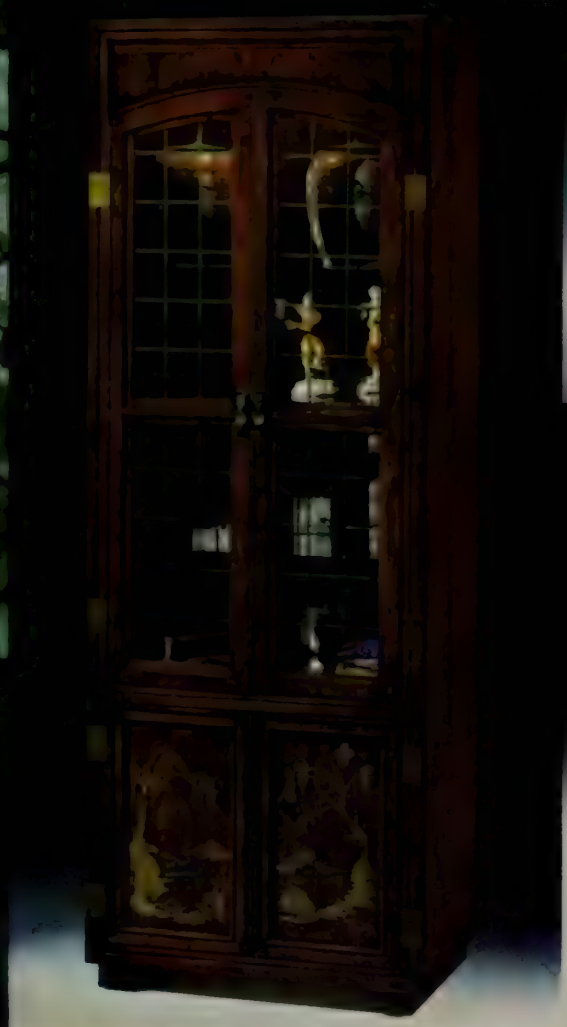
The white-painted arched ceiling and exposed beams add to the illusion of spaciousness. Track lights illuminate the light-colored ceiling.



Photographs: Maris/Semel. Design: Holden-Dupuy Interior Designs. Field editor: Bonnie Crone



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The delicate chinoiserie motif silk-screened on the curio cabinet is an excellent example of Burlington craftsmanship.

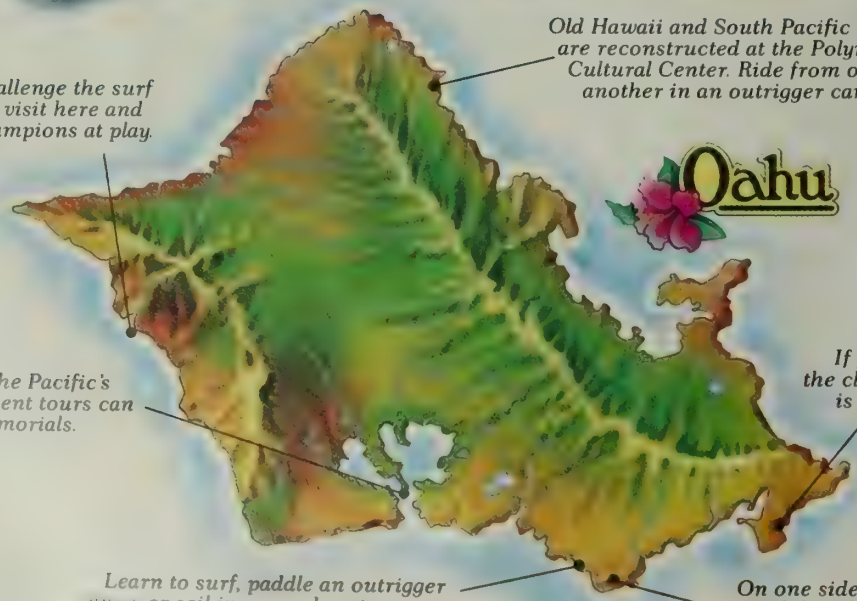
You'll find Crown Dynasty wherever fine furniture is sold. Or write to Burlington Furniture, a division of Burlington Industries, P.O. Box 907, Dept. A5, Lexington, North Carolina 27292.

Furniture made better by Burlington.



"If you can describe your idea of paradise, I can show it to you on Hawaii's magical isle of Oahu." James A. Michener





Old Hawaii and South Pacific villages are reconstructed at the Polynesian Cultural Center. Ride from one to another in an outrigger canoe.

Only experts challenge the surf at Makaha. But visit here and watch world champions at play.

Pearl Harbor is one of the Pacific's finest natural ports. Frequent tours can take you to Navy memorials.

If you've never snorkeled, the clear water of Hanauma Bay is a choice place to begin.

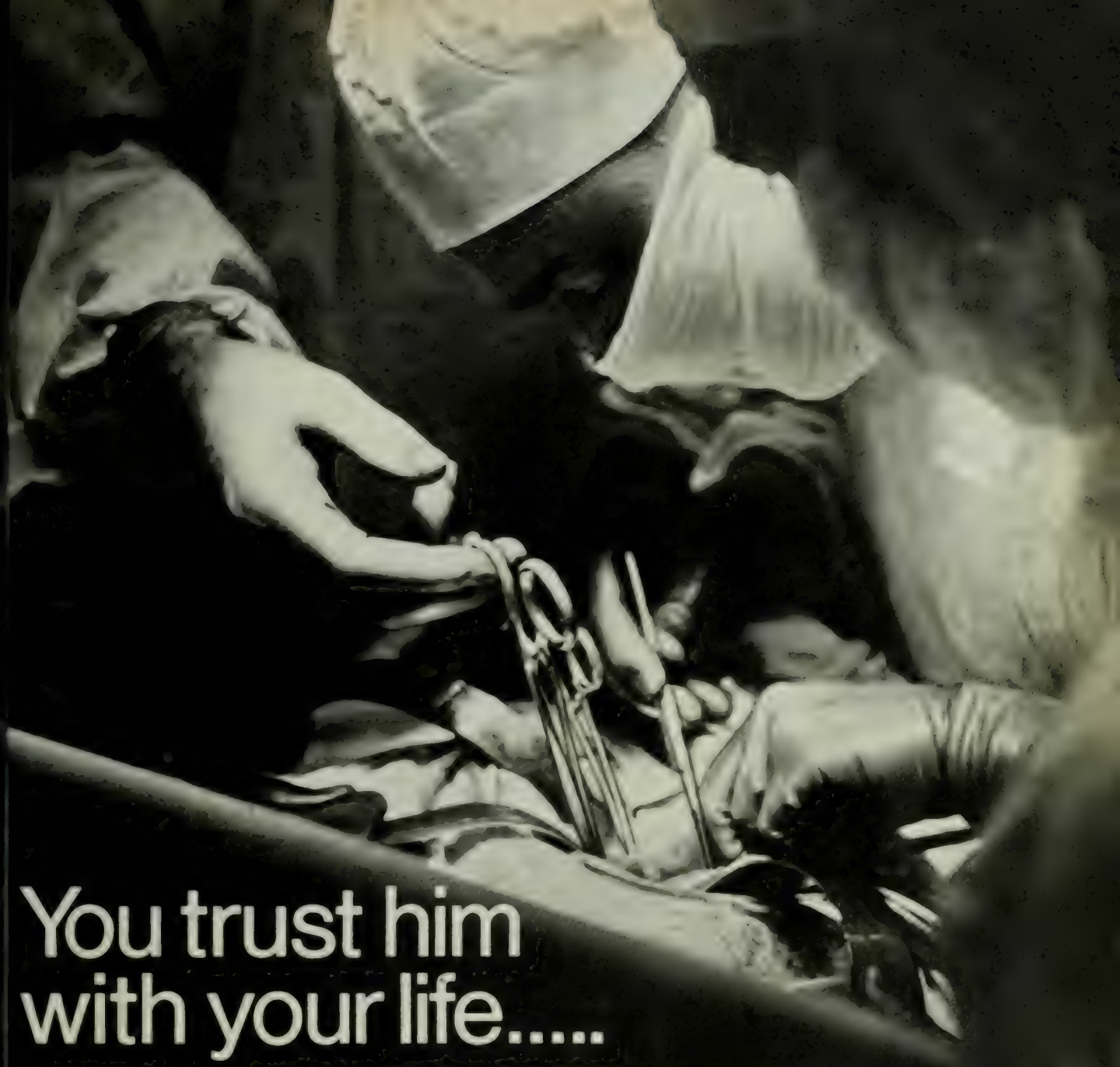
Learn to surf, paddle an outrigger canoe or sail in a speedy catamaran... or just enjoy the sun at Waikiki.

On one side of Diamond Head is Waikiki. The other side leads to Koko Head and Windward Oahu.

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And enjoy our quality in moderation.

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AMERICAN WHISKEY – A BLEND. 80 PROOF. SEAGRAM DISTILLERS COMPANY, N.Y.C.

30 HERITAGE DOLLS TO STITCH AHEAD FOR CHRISTMAS

BY NANCY LINDEMEYER, DEBORAH DUGAN, AND ANN LEVINE



You'll be enchanted by our three sets of heritage dolls—each is a distinctive personality from the colonial, pioneer, and Victorian eras. Embellished with a smidgen of paint or a touch of embroidery, then stitched and stuffed, these delightful characters are ready to bestow as gifts or hang on your Christmas tree. And you'll want to make an entire set for your child's dollhouse.
For how-to, see page 162.

To order preprinted fabric dolls, see page 100.

Designs: Janet McCaffery. Photographs: William N. Hopkins

30 HERITAGE DOLLS

THE COLONIALS

To create the ten colonial dolls, *right*, order preprinted fabric or use our easy-to-follow patterns. The dolls make charming toys or choice collectibles.

THE PIONEERS

These ten pioneer dolls, *below*, appeal to children and adults alike. Kids love coloring the dolls with crayons; or you can use a paintbrush and needle for one-of-a-kind touches.



THE VICTORIANS

These miniature Victorian dolls, *opposite*, make lovely keepsakes. The elegant bride is just one of the delightful characters in this set of ten. Each doll has a finely detailed back as well as front. For how-to, see page 162.



To order preprinted fabric dolls, see page 100.







MAIL-ORDER DECORATING

By Laurel Lund

Today you can decorate your home without ever leaving your living room. Whether you're in the market for a storage unit, seating, or a distinctive accessory, you can find it simply by thumbing through mail-order catalogs.

Shopping by mail lets you plan your decorating in a leisurely, relaxed fashion. And you can choose furnishings that you really like without being limited to what's available in your local stores.

To show you how easy "armchair decorating" can be, we've taken a typical 12x15-foot family room and given it two different looks—all with merchandise you can order by mail.

Colonial

In this warm and inviting family room, everything from the furniture to the fruit and nuts can be ordered by mail.

A freestanding **electric fireplace** (J. C. Penney, $149.99; heater, $19.99) is turned into the decorative focal point by surrounding it with stay-in-style seating pieces. A skirted **sofa/sleeper** (Montgomery Ward, $449.95) offers comfy seating, while a **Lone Star quilt** (The Children's Design Center, $66), and a pair of **needlepoint quail pillows** (American Heritage, $75 each) add color and pattern punch. Two **Windsor armchairs** ($175 each) flank a **General Salem Towne table** ($89.50)—all from Sturbridge Yankee Workshop. They face the hearth that's brightened with **patchwork pillows** (The National Trust for Historic Preservation, $28 each). To supplement fireside seating, there's an unfinished pine **Boston rocker** (Montgomery Ward, $62.99). A striped **rag rug** (The National Trust for Historic Preservation, $95) anchors the grouping.

Contributing to the room's colonial charm is a display of mail-order accessories on the fireplace wall. Near the sofa is a Shaker reproduction **butterfly bench** in cherry (Guild of Shaker Crafts, $105). The timeless timepiece is a **schoolhouse clock** (J. C. Penney, $160). Unfinished **pine shelves** (J. C. Penney, $17 each) are wall-mounted to display **pewterware** (Greenfield Village) and a **model ship** (Preston's, $74.95). Below, a one-drawer **candle table** (The Bartley Collection, $85) holds a bowl of fresh **fruit** (Harry and David's).

Totable storage includes a **canvas bag** (Better Homes and Gardens®, see page 100) and a **bamboo magazine rack** (Charles Keath, Ltd., $20).

To spice up space on the sofa wall, there's a freestanding Replogle Commander **globe** (The Nature Company, $68.50) and six hand-painted **duck plates** (Trifles, $32.50). In front of the window—which is dressed in two pairs of muslin **tab curtains** (Country Curtains, $10 a pair; wooden rods, $7 each)—is a **floor lamp** from Old Guilford Forge ($80). A **companion lamp** ($70) rests behind the rocker.

In the corner, there's a lovely **ficus tree** (FTD) in a **basket** (Fran's Basket House, $11). Nearby is a mahogany **wall lantern** ($154.50) with a traveling **candle holder** ($49.50), both from The Colonial Williamsburg Collection.

Buying information, see page 190.





114 Photographs William N. Hopkins. Design: Antonio F. Torres



MAIL-ORDER DECORATING

Contemporary

It didn't take any Cinderella magic to transform the colonial-style family room on the previous pages into this clearly contemporary retreat. We accomplished the redo simply by using different mail-order merchandise.

In this delightful living area, an old-fashioned **Franklin stove** (Sears, $189.99) takes center stage. A **wood grate** (Sears, $18.99), brass **fireplace utensils** (Sears, $36.99), and a leather-trimmed canvas **log carrier** (L. L. Bean, $9.50) make it easy to keep the home fires burning. A **graphic print** (Mixed Media, $40 unframed) is wall-mounted above the stove.

Move-about **modular seating** (Spiegel: corner unit, $139; sleeper chair, $119) offers a comfortable resting spot. The armless chair converts to a flip-down twin bed for overnight guests, while a cream-colored mohair **lap blanket** (The Kilkenny Shop, $80) provides warmth.

Varisized polystyrene **cubes** (Better Homes and Gardens®, see page 100) at one end of the sofa hold snacks **(wine goblet:** The Kilkenny Shop, $23), a **rabbit sculpture** (The Nature Company, $26.50), and **plants** (FTD).

More storage space is provided by three wall units from Sears. Near the sofa, a **three-drawer cabinet** ($189.99) houses a **stereo/speaker system** (Radio Shack, $139.95) and **record albums** (Met by Mail, $8.98 each). A **two-door desk unit** ($139.99) in the corner stores a remote control color television (TWA Flight Shop, $499.95) and books, which are sandwiched between **roll-up bookends** (F.H.I. Ffolio, $12.95 each). A third **storage unit** ($169.99) corrals **dishes** (Sears, 20-piece set, $23.99), wine, and three **glass oil lamps** (The Nature Company, $26.50; $31; $46.50).

For mealtime gatherings and games, there's a 30-inch-round **butcher block table** on a pedestal base (Butcher Block & More, $150). A glass **ship's decanter** (The Kilkenny Shop, $35) holds wine. The white metal **Bob chairs** (Conran's, $24 each) are easy to move for desk or table seating. A **clay cat** (The Nature Company, $32) naps on a 4x7-foot **panama mat** (Conran's, $36).

To the right of the fireplace area are a limited edition **owl sculpture** ($475) and a **telescope and tripod** ($415), all from The Nature Company. A wicker **barrel hamper** (Fran's Basket House, $27) is topped with a **handwoven cushion** (The Kilkenny Shop, $35) for extra party seating. A pine **wall clock** (Conran's, $150) is mounted above the window. **Leather luggage** (United Airlines Friend Ship Store: attaché case, $110; one-suiter, $120) rests nearby.

Mail-order wall accessories include a pair of black aluminum **weather vanes** ($39.50 each), a **barometer** ($39), and a **weather station** ($34.95)—all from The Nature Company.

Even the tailored beige and white grid **wallpaper** (Crate and Barrel, $14.95 per single roll), the custom-fit **window blinds** (Sears, $100 each), and the **ceiling-hung light fixtures** (Conran's, $65 each) can be purchased from a mail-order catalog.

Buying information, see page 190



Leaf Projects for Kids

By Beverly Garrett and Douglas A. Jimerson

These easy projects are naturals for kids, because most children love to search out special fall leaves to save. To get the ball rolling, plan a full-fledged leaf hunt for your kids and their friends. Take time to study and discuss the differences between leaf shapes (our leaf identification guide will help out here). And make sure the kids gather up plenty of each leaf type so they don't run short.





Leaf Collectors' Books

Perfect pressed leaves are great for trimming a school notebook or scrapbook, or decorating an address book to give to Grandmother at Christmas. Glue the leaves to a construction-paper background, then onto the books, and cover with clear self-adhesive vinyl. Finished notebooks are easily cleaned with a damp sponge.







A Colorful Catchall

A paper wastebasket or cardboard box makes a good-looking catchall when coated with red and gold leaves. Just attach overlapping leaves to the surface, let them dry, then seal in the arrangement with clear self-adhesive vinyl. In next to no time you can use the wastebasket to hold books, games, and assorted sports equipment.

Photographs: William N. Hopkins. Project design: Ciba Vaughan for Hearts and Minds Design.

Leaf Projects
for Kids

How to Gather and Press Leaves

Gather leaves singly or in small sprays and slip each leaf or spray between folds of newspaper. Try to keep the edges of each leaf flat. Do not try to dry leaves that have already turned brown.

When you get home, sandwich the leaves between several single sheets of clean, dry newspaper. Don't let the leaves touch or overlap. Cover the stack with more newspaper. Finally, cover your stack of pressed leaves with a piece of cardboard or a thick magazine and pile books or a couple of bricks on top.

Leaves usually take one to two weeks to dry out. Check your leaves after a week or so and transfer them to dry sheets of newspaper if necessary.

When leaves are dry, store them between single sheets of newspaper or pages of a magazine until you're ready to start on the projects. Don't leave dried leaves in the open air.

How-to starts on page 180.
Leaf identification guide is on page 180.





Match-and-Learn Game

This leaf game is simple to make and fun to play. Preschoolers can learn to match leaf shapes; older kids can read the names on the cards. Devise any rules you like. Crayon rubbings of leaves are used for both the cards and the board.





Framed Beauties

To show off choice leaf specimens, frame pressed leaves between two sheets of glass and hang the "picture" in a window. If you work with standard frames and glass sizes, you won't have to spend money on having glass specially cut for you.





Hand-Painted T-Shirts

Make a T-shirt one of a kind by patterning it with leaf designs. You can repeat one leaf shape for an overall pattern or use a variety of shapes. Fresh leaves work just as well as dried. Either way, the shirt will be an eye-catching souvenir of the fall season.

DECORATING

HOW TO SPRUCE UP A SPLIT-LEVEL

By Shirley Van Zante







"We wanted our family and friends to feel right at home, rather than be awed by the decorating. That's why we chose easy-care furniture and relaxing colors."

Limited storage, wasted living space, dated decorating—these were some of the all-too-common problems that prompted Marilyn and Schuyler Patrick to redo their suburban split-level home.

When they moved into their new home several years ago, the Patricks made few changes. Instead they used this "shakedown" period to decide which decorating projects were needed most to make the house more comfortable and attractive.

High on the list of priorities was a second living area, away from the one where the family's two active daughters play and entertain. Marilyn and "Sky" wanted the area to be a getaway spot, a place for relaxing, entertaining friends, and hosting their various club activities. The answer was to convert a little-used area (see "before" photo) near the dining room into a new living space.

To create a unified look for this compact living/dining/entertainment area, the Patricks carpeted the foyer and stairs, the new living room, and the dining room in different, yet related, earth-toned colors. Mini-print wall coverings, designed in easy-to-combine coordinated colors and patterns, were chosen for all wall surfaces. To complete the updated background, Sky made sliding frame panels with cane inserts to cover the windows.



Photographs: Maris/Semel. Design: Scruggs, Myers & Associates
Project Coordinator: Charles Schuyler Patrick

For this new seating spot, *left,* Marilyn chose "furniture to enjoy—without having to worry about fragile fabrics." This armless chair and ottoman, plus matching sofa and love seat, offer plenty of casual, comfortable seating. And the handsome velvet upholstery is impervious to spills and stains.

With the help of the interior design team of Scruggs/Myers and Associates, the family turned wasted space to practical use. The wrought-iron railing between the foyer and upper-level family room was removed. An étagère, built of oak uprights and shelves and supported by adjustable dowels, now provides display space for the family's collection of earthenware pottery, *above.* (See how-to instructions, page 186.) A simple oak stair rail completes the redo.

In the foyer below, unused space was converted into an umbrella stand and a carpeted bench for removing boots and depositing mail. Four cylinders made from sheet metal dryer-vent ducting are recessed into holes in the bench top (see how-to instructions, page 186).

Buying information, page 212

HOW TO SPRUCE UP A SPLIT-LEVEL





"There's not an inch of wasted space. Every piece of furniture, every nook and cranny serves a purpose."

Accessible, yet hidden, storage was another of the Patricks' prerequisites. And Marilyn wanted the stashing space to be in the room where the items would actually be used.

On the upper level, between the new living area and the dining room below, Sky removed another of the split-level's typical wrought-iron railings ("before" photo). He replaced it with a long serving bar/storage cabinet, *left,* topped with bright poppy-toned plastic laminate. The new unit houses stereo equipment, a bar, plus storage for game and hobby equipment. The top makes a handy buffet-serving surface. Door inserts and the side toward the dining area are covered in navy-on-tan patterned wallpaper that coordinates with the tattersall check paper on the walls.

On the dining side, *top right,* the unit is cantilevered over open storage shelves that hold linens, china, crystal, and serving pieces. Lighting is recessed under the upper unit. For easy cleaning, the shelves are covered in the same poppy-colored laminate.

A new round chrome-and-glass table easily handles family meals, like this special birthday gathering, or small dinner parties. (Larger groups are entertained buffet style.)





Photographs: Maris/Semel. Design: Scruggs/Myers & Associates
Project Coordinator: Charles Schuyler Patrick

In the living area, a sliver of idle wall space at the top of the stairs was put to work as extra storage, *above.* The slim closet doesn't interfere with access to the stairway, and provides a convenient spot for storing a card table and folding chairs. There's even space for an open shelf at the top. The sliding doors and the closet interior are covered in colorful mix-and-match wall coverings.

The result of these decorating projects: livable "new" space, so attractive and comfortable that the Patricks use it every day.

Buying information, page 212

Design sponsors:
Wall coverings: Wall-Tex Miniatures
Carpet: Alexander Smith's "Estrella" of Anso X Nylon, Allied Chemical
Seating pieces: Trend Line, Div. of Mohasco
Dining table and chairs: Chromcraft, Div. of Mohasco
Counter top and shelves: Formica



AMERICAN Classics

RECIPES FROM THE SOUTH

BY NANCY BYAL

For more than two centuries, American families have been stirring up their own style of cooking. Some of the foods are based on cherished family recipes; some were invented out of necessity; still others were created by superlative cooks.

Last month we featured classic recipes from the East and Midwest. To inspire you further, we've dipped into the melting pot for foods from the South and West. Regrettably this is only a glimpse of America's expansive and exciting food heritage. But we think you'll find the recipes so inviting and their history so fascinating you'll set out in search of more.

Southern recipes are richly varied yet most Southerners cooked with the same basic foods. Each family's social status determined how much food was served as well as how it was prepared.

On the one hand, the slaves and sharecroppers created simple recipes that made the best of very little. Salt pork, boiled in a potful of greens and served with corn bread, was their nutritious mealtime staple.

The foods prepared for merchants and plantation owners, on the other hand, were lavish. Their fare included such delicacies as stuffed country ham, chess pie, and mint juleps.

Ethnic recipes adapted to the indigenous foods of the South gave rise to some novel specialties. Louisiana foods such as jambalaya from the Creoles (a mixture of Spanish and French) and gumbo from the Acadians (French Canadians) or Cajuns are some of the best known. In other Southern areas, English settlers introduced Sally Lunn and syllabub; and Africans refined hopping john.

Our heritage from the South's vivid past is a wealth of delicious foods. Now settle back and enjoy—as we did—this smacking-good sampling.



Left: Southerners are noted for luscious desserts such as these. One taste of the rich cookies called ***Shortnin' Bread*** *(front right)* and you'll know why "Mama's little baby" loved them so.

Southerners say that the best ***Chess Tarts*** *(front center)* always have a thin top "crust" from the cornmeal that rises to the surface of the butter-egg filling.

Charlotte Russe, French in origin, has long been popular in the South for special occasions. Our whipped cream-garnished ***Caramel Charlotte Russe*** *(back left)* features a caramel Bavarian cream inside the customary ladyfinger liner.

Peach trees abound in the South and so, too, do peach recipes like ***Georgia Peach Cobbler*** *(back right).*

Right: The majestic ***Lane Cake*** is credited to Mrs. Emma Rylander Lane from Clayton, Alabama. Our three-tiered version flaunts a raisin-cherry-nut filling and topping.

Recipes begin on page 132.
Buying information, page 212.

Photographs: Chapple; Maselli-Sanders. Food stylist: Fran Paulson. Location Photographs: Cumberland Island National Seashore

AMERICAN Classics

RECIPES FROM THE SOUTH



Right: The praline-laced pastries known as ***Les Oreilles de Cochons*** or ***Pigs' Ears*** *(front)* are from Cajun country. ***Cafe Brûlot*** *(back)* is a brandied coffee, popularized at Antoine's, a renowned New Orleans restaurant.

Below: One thing's sure—Southern cooks were resourceful. In-season fresh fruits and vegetables were preserved, pickled, or dried to carry families through the year. Cases in point: fresh okra became ***Okra Pickles*** *(front right);* the juice from fresh peppers became ***Pepper Jelly*** *(front left)* and the remaining pepper pulp, ***Pepper Relish.***

Each cook used a different combination of meat and vegetables for Creole ***Jambalaya*** *(center).* Our version stars shrimp, tomatoes, and mushrooms.

Sweet potatoes are frequently featured fresh in ***Candied Sweets*** *(back left)* but also are used in a host of other ways, including soufflés, biscuits, and pies.

Kentucky Burgoo *(back center),* a kissin' cousin of Brunswick stew, usually pairs beef and chicken, sometimes game as well, with vegetables.



Right: The origin of ***Maryland Stuffed Ham*** *(front)* goes back to Cumberland and Yorkshire, England, during the 1600s. The English peasant cooks would liven up their bland-tasting hams by cutting slits in the meat and pressing herbs into the slits. Later, the English who colonized Maryland tailored this stuffed meat recipe to utilize their garden crops of kale, cabbage, and winter cress.

The classic recipe calls for a salt-cured country ham that's trimmed of all external fat, then boiled. For our adaptation, you can use either a country ham or a sugar-cured ham and bake it in the oven. To follow tradition, serve the meat and stuffing well chilled.

The down-home favorite ***Grits Soufflé*** *(back)* makes a fitting complement to the ham. This cheesy puff is based on hominy grits, the coarsely ground and dried product of lye-soaked corn.

Recipes begin on page 132.
Buying information, page 212





RECIPES FROM THE WEST

Cooking in the untamed West was a challenge. Since the pioneers could bring only staples with them when they moved, they were forced to make do and often meals were Spartan.

But ethnic influences such as Indian, Spanish, and Mexican in Texas and the Southwest, as well as a bountiful supply of fresh foods in California and the Pacific Northwest, changed the course of Western cooking from monotony to diversity. For example, Southwestern Indian tribes introduced the settlers to chili peppers, pinto beans, and pine nuts as well as unfamiliar forms of preserved corn such as chicos (sun-dried roast corn) and blue cornmeal. The settlers in turn anglicized Indian and Spanish recipes such as chili, enchiladas, fry beans, and blue corn bread.

In the cowboy era, outdoor cooking was a necessity, not the national pastime it became as a result of the westward migration. Using basic provisions plus native foods, the prized ranch "cooky" prepared a surprising variety of foods over the open fire—from buffalo stew to spit-roasted meat, from sourdough or cornmeal biscuits to dried fruit pies. Texans adopted Indian and Mexican techniques for barbecuing meats such as beef brisket, spareribs, and cabrito (kid).

The Far West became known as an endless horn of plenty. Early Spanish explorers, forerunners of the great westward migration, capitalized on the fertile land by establishing missions with lush vineyards and orchards all along the Pacific Coast. Weary pioneers also found there really was a pot of gold at the end of the Oregon Trail—wild game, fish, seafood, and countless fruits and other foods.

With the onset of the California Gold Rush, cooking in the West became more diversified. Speculators in search of instant wealth and a new life flocked in from around the world. And with them they brought cooking heritages of every description—Russian, Chinese, Japanese, German, Portuguese, Italian, Mexican.

These influences spawned the free-spirited, contemporary cooking that characterizes the West today. With our recipe collection, you can sample this innovative cuisine.



Left: West Coast cooks learned to take full advantage of the plentiful food from land and sea. ***Palace Court Salad*** *(front)* originated at the San Francisco Palace Court Hotel, and the individual servings are suitably grand. ***California Cooler*** *(right center)* combines three foods that the state produces in large quantities—oranges, honey, and wine. San Francisco's famed fish stew ***Cioppino*** *(left center)* disproves the notion that too many cooks spoil the broth. There are as many versions of this recipe as there are cooks, and the results are invariably delicious. ***Right:*** Main-dish ***Stuffed Sopaipillas,*** though not as well-known as honey-drizzled sopaipillas, are also a Southwestern specialty. The rounds of dough puff as they fry, forming pockets that are filled with a meat mixture.

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Buying information, page 212

Photographs: de Gennaro; Maselli-Sanders. Food stylists: Mable Hoffman, Fran Paulson
Location Photographs: Mission San Juan Capistrano

AMERICAN Classics

RECIPES FROM THE WEST



Right: Texas-Style Chili *(back)* is called a Tex-Mex recipe, indicating that it's one that originated in Texas but was inspired by Mexican cooking. Chili traditionalists insist that the meat must be cut in small cubes (never ground) and that the spicy mixture contain no beans. Instead, cooked pinto beans and rice are often served on the side to be eaten with the chili.

Blue Corn Bread *(front)* takes on the color of its main ingredient, blue cornmeal, which is ground from a blue variety of corn. Except for the color, blue cornmeal is the same as its yellow and white counterparts.

Below: After Pueblo Indians of the Southwest were introduced to Catholicism, the Feast Day of St. John the Baptist became one of their time-honored celebrations. The day is marked by a mix of Catholic and Indian ceremonies as well as a variety of special foods. Always included are ***Indian Feast Day Cookies.*** The cookies are first rolled out and cut into squares. The squares are hand-shaped into special designs, and baked.



Right: Early Spanish missionaries established the first produce farms at their missions. This laid the foundation for the development of the West Coast's colossal fruit and vegetable industry. ***Apricot-Pineapple Pie*** *(front)* is one way Western cooks used dried and canned fruit as a delicious alternative to fresh. The two-fruit combo is topped with a showy lattice crust.

In the West, grapefruit is a versatile fruit; it's as popular for salads and desserts as it is for breakfast. In ***Grapefruit Chiffon Loaf Cake*** *(center),* both grapefuit peel and juice are used to flavor the delicate cake and icing.

Nuts, particularly almonds and walnuts, are abundant West Coast favorites. ***Cheese-Almond Bread*** *(back)* features almonds in the yeast dough and in the cheese filling spiral that bakes through the bread.

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Buying information, page 212



RECIPES FROM THE SOUTH

SHORT'NIN' BREAD

The unleavened dough for these rich, shortbread-like cookies should be mixed thoroughly by hand or it will be dry and crumbly—

½ cup butter *or* margarine
¼ cup packed brown sugar
1¼ cups all-purpose flour
Powdered sugar (optional)

In mixer bowl cream butter or margarine and sugar till light and fluffy. By hand, add flour, mixing well to form ball. Turn dough out onto lightly floured surface; roll to 9x6x½-inch rectangle. Cut with 1½-inch fluted cookie cutters. Or, cut into 1¼-inch diamonds or squares. Place on ungreased cookie sheet. Bake in 325° oven for 20 to 25 minutes. Remove from cookie sheets to wire rack; cool. Sift powdered sugar over tops, if desired. Makes 15 to 18 cookies.

CHESS TARTS

Small prepared tart shells, available in supermarkets, may be used instead of homemade pastry—

Pastry for 2-crust 9-inch pie

• • •

4 slightly beaten eggs
1½ cups sugar
6 tablespoons butter *or* margarine, melted and cooled
¼ cup milk
1 tablespoon cornmeal
¾ teaspoon finely shredded lemon peel
1 tablespoon lemon juice

Prepare and roll out half the pastry at a time to slightly less than ⅛-inch thickness. Cut each half into eight 4-inch circles. Fit into small fluted tart pans, 2½ inches in diameter at top by 1¼ inches deep. (Or cut 4-inch circles from heavy-duty foil; place one pastry round on each foil circle and shape into tarts.) Set aside.

In mixing bowl combine remaining ingredients, stirring to distribute sugar. Place tart pans on baking sheet; divide filling evenly among tart shells. Bake in 350° oven for 35 to 40 minutes or till knife inserted just off-center comes out clean. Cool on wire rack. Cover; chill to store. Makes 16 tarts.

CARAMEL CHARLOTTE RUSSE

Let the thickened gelatin mixture stand at room temperature while you beat the cream and egg whites. The gelatin will continue to set up and will be ready for folding into the beaten egg whites—

9 ladyfingers, split lengthwise
1 envelope unflavored gelatin
¼ cup cold water
1 cup sugar
½ cup boiling water
1 cup whipping cream
1 teaspoon vanilla
3 egg whites
¼ teaspoon cream of tartar
½ cup sliced almonds, toasted
Mandarin orange sections (optional)
Whipped cream (optional)

Place ladyfingers, uncut side out, around sides of a 1½-quart bowl or casserole, cutting ladyfingers as necessary to fit; set aside. Soften gelatin in cold water. Place sugar in medium-sized heavy skillet; heat and stir over medium-low heat till sugar melts and turns golden brown. Remove from heat. Add boiling water *very slowly,* stirring constantly. Return to heat. Add softened gelatin, heating and stirring till dissolved. Chill till the consistency of corn syrup, stirring occasionally. Remove from refrigerator; let stand while beating cream and egg whites.

Beat the 1 cup whipping cream and vanilla to soft peaks; refrigerate. Wash beaters thoroughly. *Immediately* beat egg whites and cream of tartar till stiff peaks form (tips stand straight). When gelatin is partially set (the consistency of unbeaten egg whites), fold gelatin mixture into stiff-beaten egg whites. Fold whipped cream and almonds into gelatin mixture. Turn into ladyfinger-lined bowl. Chill till firm, several hours or overnight. Unmold onto serving plate. Garnish with mandarin oranges and additional whipped cream, if desired. Makes 8 servings.

GEORGIA PEACH COBBLER

You'll want to make this dessert when fresh peaches are available, too—

1 28-ounce can peach slices*
2 tablespoons sugar
4 teaspoons cornstarch
1 teaspoon ground cinnamon *or* ground nutmeg
¼ cup butter *or* margarine
1 tablespoon lemon juice
½ teaspoon vanilla
¾ cup all-purpose flour
¼ cup sugar
1 teaspoon baking powder
¼ teaspoon salt
1 beaten egg yolk
½ cup dairy sour cream
1 tablespoon butter *or* margarine, melted
¼ teaspoon finely shredded lemon peel

Drain canned peaches, reserving syrup. Add water, if necessary, to make 1½ cups liquid. In medium saucepan combine the 2 tablespoons sugar, the cornstarch, and spice. Stir in reserved peach liquid and the ¼ cup butter or margarine. Cook and stir till thickened and bubbly. Cook 1 minute more. Stir in peach slices, lemon juice, and vanilla. Heat through; keep warm.

In mixing bowl stir together flour, the remaining sugar, the baking powder, and salt. Mix egg yolk, sour cream, melted butter or margarine, and lemon peel; add to flour mixture, stirring just till combined. Turn *hot* peach mixture into a 1½-quart casserole. *Immediately* drop batter in 5 or 6 portions atop hot mixture. Bake in 350° oven for 35 to 40 minutes. Serve warm with cream. Sprinkle with chopped pecans, if desired. Makes 5 or 6 servings.

*Or substitute 3 cups fresh or frozen unsweetened sliced peaches. Use ⅓ cup sugar instead of the 2 tablespoons and 1 cup water in place of the 1½ cups reserved syrup/water mixture.

LANE CAKE

This cake is best if it's served the same day you fill and frost it—

2¼ cups sugar
1¼ cups butter *or* margarine
2 teaspoons vanilla
3¼ cups all-purpose flour
4½ teaspoons baking powder
1½ teaspoons salt
1½ cups milk
8 stiff-beaten egg whites
1 recipe Lane Cake Filling (see recipe on page 134)
1 recipe Fluffy White Frosting (see recipe on page 134)

In large mixer bowl beat sugar, butter or margarine, and vanilla with electric mixer till light. Stir together flour,

continued

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continued

Recipes from the South

baking powder, and salt; add to creamed mixture alternately with milk, beating well after each addition. Fold in egg whites. Divide the batter evenly among 3 greased and lightly floured 9x1½-inch round cake pans. Bake in a 375° oven about 20 minutes. Cool in pans 10 minutes; remove from pans. Cool on wire rack. Spread Lane Cake Filling between cake layers and on top. Pipe or frost sides and around top edge with Fluffy White Frosting.

LANE CAKE FILLING

½ cup butter *or* margarine
1 cup sugar
⅓ cup bourbon *or* brandy
⅓ cup water

• • •

9 slightly beaten egg yolks
1 cup finely chopped raisins
¾ cup chopped pecans
½ cup chopped, drained maraschino cherries
½ cup flaked coconut
¾ teaspoon vanilla

In saucepan melt butter or margarine. Stir in sugar, bourbon or brandy, and water. Bring just to boiling, stirring to dissolve sugar. Stir about *half* of the hot mixture into egg yolks; return to hot mixture in saucepan. Cook and stir till thickened, about 3 minutes more. Remove from heat. Stir in raisins, pecans, cherries, coconut, and vanilla. Cover. Cool to room temperature. Makes 3 cups.

FLUFFY WHITE FROSTING

1 cup sugar
⅓ cup water
¼ teaspoon cream of tartar
Dash salt
2 egg whites
1 teaspoon vanilla

In small saucepan combine sugar, water, cream of tartar, and salt. Bring to boiling, stirring till sugar dissolves. In large mixer bowl *very slowly* add hot



syrup to egg whites and vanilla, beating constantly on high speed of electric mixer about 7 minutes or till stiff peaks form.

LES OREILLES DE COCHON (Pigs' Ears)

If you can't obtain the amber-colored cane syrup that's made from sugarcane, you can substitute dark corn syrup mixed with light molasses—

2 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
2 eggs
½ cup butter or margarine, melted and cooled
Cooking oil for deep-fat frying
1½ cups cane syrup *or* 1 cup dark corn syrup *plus* ½ cup light molasses
¾ cup coarsely chopped pecans

Stir together flour, baking powder, and salt; set aside. In deep bowl beat eggs with fork or wire whisk. Gradually beat in cooled butter or margarine. Stir into flour mixture till well combined. Divide and shape dough into 24 balls. On lightly floured surface roll each ball to a paper-thin round 6 inches in diameter. Cover rounds to prevent drying.

In large, deep saucepan or deep-fat fryer heat 2 inches of oil to 365°. Place one round of dough in hot oil; as soon as it rises to the surface, pierce center with a long-handled fork and rotate fork clockwise, pressing fork and dough against the side of the pan to retain shape. Fry 1 to 1½ minutes or till golden brown. Drain well on paper toweling. Keep warm.

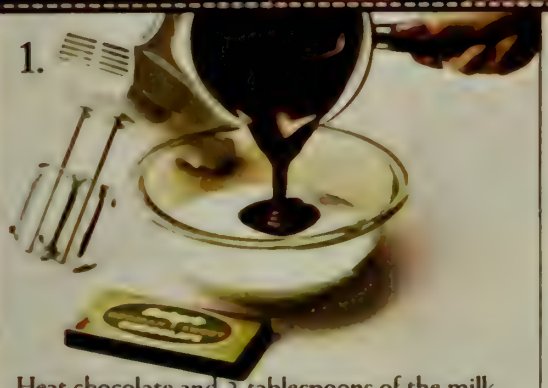
In 2-quart saucepan bring cane syrup to boiling; attach candy thermometer and cook syrup to 230° over medium-low heat, stirring frequently. Drizzle hot syrup over hot pastries; sprinkle with pecans. Serve warm or at room temperature. Makes 24 pastries.

CAFÉ BRÛLOT

Try to remove as much white membrane from the citrus peel as possible to avoid a bitter flavor—

continued

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2. Fold Cool Whip® Non-Dairy Whipped Topping into chocolate mixture and blend until smooth.



3. Spoon mixture into crust. Freeze about 4 hours. Garnish with chocolate curls if desired.

The 10-Minute German Sweet Chocolate Cream Pie

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1 packaged graham cracker crust

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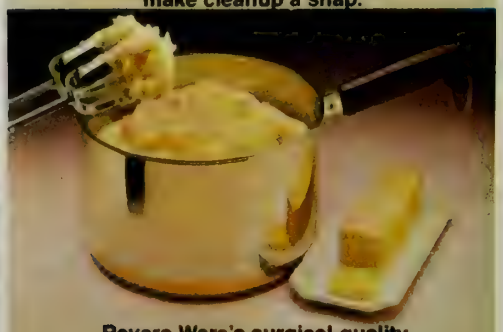
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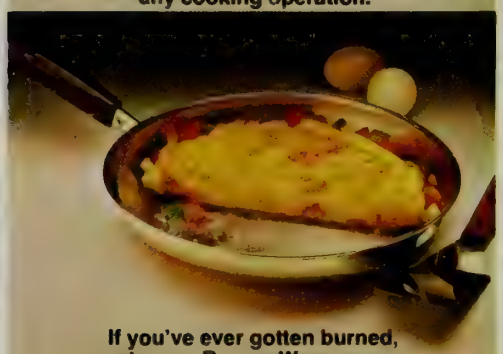
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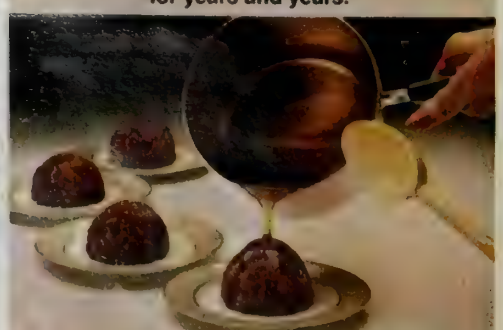
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continued

Recipes from the South

Peel of 1 orange
3 inches stick cinnamon, broken
6 whole cloves
4 sugar cubes
1 3x¼-inch strip lemon peel, membrane removed
½ cup brandy
2 cups double-strength coffee

Remove white membrane from orange peel. Cut peel into 3x½-inch strips. In a chafing dish combine cinnamon, cloves, sugar cubes, lemon peel, and orange peel. In a small saucepan heat brandy till nearly boiling; remove from heat and ignite. Pour over mixture in chafing dish. Spoon brandy over sugar till cubes melt. Add coffee. Serve at once. Makes four 4-ounce servings.

OKRA PICKLES

2 pounds fresh okra
3 cups water
1 cup white vinegar
¼ cup pickling salt
2 teaspoons dillseed
½ teaspoon crushed red pepper

Thoroughly wash okra; drain. Pack into hot, clean pint jars, leaving ½-inch headspace. In saucepan combine water, vinegar, pickling salt, dillseed, and red pepper; bring to boiling. Pour hot liquid over okra in jars, leaving ½-inch headspace. Wipe rims; adjust lids. Process in boiling water bath for 10 minutes (start timing when water starts to boil). Makes 4 pints.

PEPPER JELLY

It's important to cook the mixture in a large Dutch oven as directed. This allows room for the mixture to boil to the right consistency. Let this jelly stand at least one week before using to give the mixture time to set up—

8 green bell peppers (2½ pounds)
2 or 3 large hot chili peppers *or* 2 teaspoons crushed red pepper
7 cups sugar
1 cup vinegar
1 6-ounce package (2 foil pouches) liquid fruit pectin
Green food coloring (optional)

continued

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continued

Recipes from the South

Grind bell peppers and hot peppers *separately,* reserving juices. Drain pulp well, reserving juices. (If desired, use pepper pulp to make Pepper Relish.) Strain bell pepper juice. Measure hot pepper juice (should have about ¼ cup); add enough bell pepper juice to make 2 cups liquid. (If using dried pepper, use 2 cups bell pepper juice.) Pour into an 8- or 10-quart Dutch oven. Add sugar and vinegar. Bring to a *full rolling boil* (a boil that cannot be stirred down); add pectin. Boil *vigorously* for 1 minute. Remove from heat; let stand 5 minutes. Skim off foam. Add few drops food coloring, if desired. Pour into hot, clean jelly jars, leaving ½-inch headspace. Wipe rims. Seal, using metal canning lids or paraffin. Makes 7 or 8 half-pints.

PEPPER RELISH

You can use the ground bell and hot pepper pulp from Pepper Jelly to make this relish—



8 green bell peppers, finely ground
2 or 3 large hot chili peppers, finely ground *or* 2 teaspoons crushed red pepper
4 medium onions, finely ground
½ cup sugar
⅔ cup vinegar
⅓ cup water
1 teaspoon salt
1 teaspoon dillseed

In saucepan combine pepper and onion pulp; add boiling water to cover and let stand 5 minutes. Drain. Add sugar, vinegar, the ⅓ cup water, the salt, and dillseed. Boil gently 5 minutes. Spoon relish mixture into hot, clean pint jars, leaving ½-inch headspace. Wipe rims; adjust lids. Process in boiling water bath 10 minutes (start timing when water returns to boiling). Makes 3 pints.

JAMBALAYA

The very special flavor of this stew comes from filé powder, a seasoning made from sassafras leaves—

½ cup celery leaves
2 tablespoons vinegar
1 slice onion
2 teaspoons salt
1 teaspoon seafood seasoning
4 cups water
1½ pounds fresh or frozen shrimp in shells *or* 1 pound frozen shelled and cooked shrimp, thawed
½ cup chopped onion
½ cup chopped celery
1 clove garlic, minced
¼ cup butter *or* margarine
1 16-ounce can tomatoes, cut up
1½ cups water
1 6-ounce can tomato paste
1 teaspoon sugar
1 teaspoon Worcestershire sauce
½ teaspoon salt
½ teaspoon seafood seasoning
Several dashes bottled hot pepper sauce
1 cup sliced fresh mushrooms
1 teaspoon filé powder
Hot cooked rice

To cook fresh or frozen shrimp in shells: In a large saucepan combine celery leaves, vinegar, the onion slice, the 2 teaspoons salt, and the 1 teaspoon seafood seasoning. Stir in the 4 cups water; bring to boiling. Add fresh or frozen shrimp in shells; return to boiling. Simmer about 3 minutes or till shrimp turn pink. Drain. Peel shrimp under running water; remove vein that runs down the back.

Cook the chopped onion, celery, and garlic in butter or margarine till tender. Add *undrained* tomatoes, the 1½ cups water, the tomato paste, sugar, Worcestershire sauce, the ½ teaspoon salt, ½ teaspoon seafood seasoning, and hot pepper sauce. Simmer, covered, 30 minutes. Add shrimp and mushrooms; simmer, uncovered, till shrimp are heated through and mushrooms are tender. Stir in filé powder; serve with rice. Makes 6 servings.

continued

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Recipes from the South

CANDIED SWEETS

1 cup packed brown sugar
¼ cup unsweetened pineapple juice
2 tablespoons lemon juice
½ teaspoon ground cinnamon
¼ teaspoon ground mace
6 medium sweet potatoes, cooked, peeled, and sliced ¾ inch thick (2¼ pounds)
½ cup broken pecans
2 tablespoons butter *or* margarine

In a bowl combine sugar, pineapple juice, lemon juice, cinnamon, and mace. Gently toss with potatoes and pecans. Turn into a 1½-quart casserole. Dot with butter or margarine. Bake, uncovered, in a 350° oven for 40 to 45 minutes or till heated through and glazed, spooning glaze over potatoes occasionally. Makes 6 to 8 servings.

KENTUCKY BURGOO

1 4- to 4½-pound stewing chicken, cut up
2 to 2½ pounds beef shank cross-cuts
5 cups water
1 16-ounce can tomatoes, cut up
1½ teaspoons salt

• • •

2 medium onions, chopped
1 10-ounce package frozen lima beans
1 10-ounce package frozen whole kernel corn
1 10-ounce package frozen cut okra
1 cup chopped celery
1 medium green pepper, chopped
1 tablespoon sugar
1 teaspoon salt
1 teaspoon dried thyme, crushed
1 bay leaf
1 tablespoon Worcestershire sauce
¼ teaspoon bottled hot pepper sauce

• • •

½ cup cold water
2 tablespoons all-purpose flour
¼ cup snipped parsley

In large kettle or Dutch oven combine chicken, beef shanks, the 5 cups water, the *undrained* tomatoes, and the 1½ teaspoons salt. Bring to boiling. Reduce heat; simmer, covered, 1¼ to 1¾ hours or till meats are tender. Remove chicken and beef; let stand till cool enough to handle. Remove meat from bones; discard skin and bones. Dice meat; return to broth mixture. Add onions, limas, corn, okra, celery, green pepper, sugar, the 1 teaspoon salt, the thyme, bay leaf, Worcestershire, and hot pepper sauce. Cover and simmer about 30 minutes or till vegetables are tender. In screw-top jar shake together the ½ cup cold water and the flour; stir into stew. Cook and stir till mixture thickens slightly and boils. Remove bay leaf. Stir in parsley. Makes 12 to 15 servings.

MARYLAND STUFFED HAM

Because it's cured with salt, country ham must be soaked and boiled to remove some of the excess salt—

1 12- to 14-pound bone-in country ham*
¼ cup cooking oil
2 cups finely chopped cabbage
2 cups finely chopped celery
1 large onion, finely chopped (1 cup)
¼ cup snipped parsley
1½ teaspoons dry mustard
1 teaspoon dried sage, crushed
1 teaspoon dried marjoram, crushed
¼ teaspoon pepper
¼ teaspoon cayenne
1 pound fresh mustard greens *or* kale, chopped (12 cups)
1 pound fresh spinach, chopped (12 cups)
Fresh mustard greens (optional)
Tomatoes, halved (optional)

For country ham only: Thoroughly scrub and rinse ham. Soak overnight in water to cover; drain. Place ham in large kettle; add water to cover. Bring to boiling. Reduce heat and simmer 20 minutes per pound (4 to 4½ hours). Remove ham from water. When ham is cool enough to handle, remove skin and excess fat; set ham aside.

In saucepan combine cooking oil, cabbage, celery, onion, and parsley. Cover and cook over low heat 15 minutes or till vegetables are tender. Add seasonings. Pour boiling water over mustard greens and spinach; let stand 5 minutes. Drain well in cheesecloth-lined colander. Place in large bowl. Add cooked vegetable mixture; mix well. Cool.

Working lengthwise on ham, make a row of 2-inch slits, about 2 inches apart, going all the way through to the bone. Make a second row of slits 1 inch away from first row and being sure the slits are not in line with the first ones. Repeat rows over entire ham. Using a teaspoon handle, pack stuffing mixture firmly into slits (be careful not to break into adjacent slits). Pat remaining stuffing over top of ham. Place on rack in shallow baking pan. Cover ham with a long piece of wide aluminum foil; tuck it loosely around base of ham. Bake in 350° oven for 45 minutes. Remove from oven; cool 2 to 3 hours. Cover and chill overnight.



To serve, remove stuffing mixture from top of ham to serving bowl. Place ham on platter; garnish with additional fresh mustard greens and tomato halves topped with some of extra stuffing scooped atop, if desired. Thinly slice ham to serve.

**Note:* One 12- to 14-pound fully cooked whole sugar-cured ham may be used instead of country ham, if desired. Omit cooking in water. Trim, if desired. Prepare stuffing, adding ¼ teaspoon salt. Make slits, stuff, and cover as directed above. Bake in 325° oven 45 minutes. Proceed to chill and serve as above.

GRITS SOUFFLÉ

This light-textured, cheesy side dish is reminiscent of spoon bread—

2 cups water
1 teaspoon salt
⅛ teaspoon garlic salt
Dash bottled hot pepper sauce
¾ cup hominy grits
4 beaten egg yolks

continued

Make holiday cooking easier. Start with PAM.

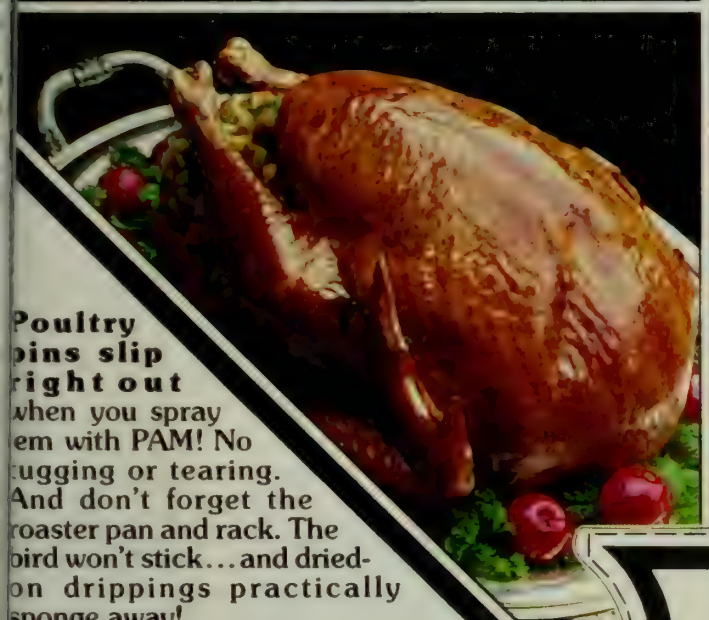


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HOLIDAY YAM BAKE

1 can (40 oz.) yams, drained
1 can (8½ oz.) crushed pineapple and juice
2 Tbsp. light brown sugar
2 Tbsp. butter or margarine, melted
3 Tbsp. chopped pecans
¾ cup miniature marshmallows
PAM cooking spray

Drain yams. Mash well. Drain pineapple. Reserve juice. Add juice to yams, sugar and butter. Beat well. Stir in pineapple and pecans. Coat inside of 1½ qt. casserole with PAM. Spoon in mixture. Bake 20 min. at 350°. Sprinkle with marshmallows. Bake 10 min. longer. (Serves 8)

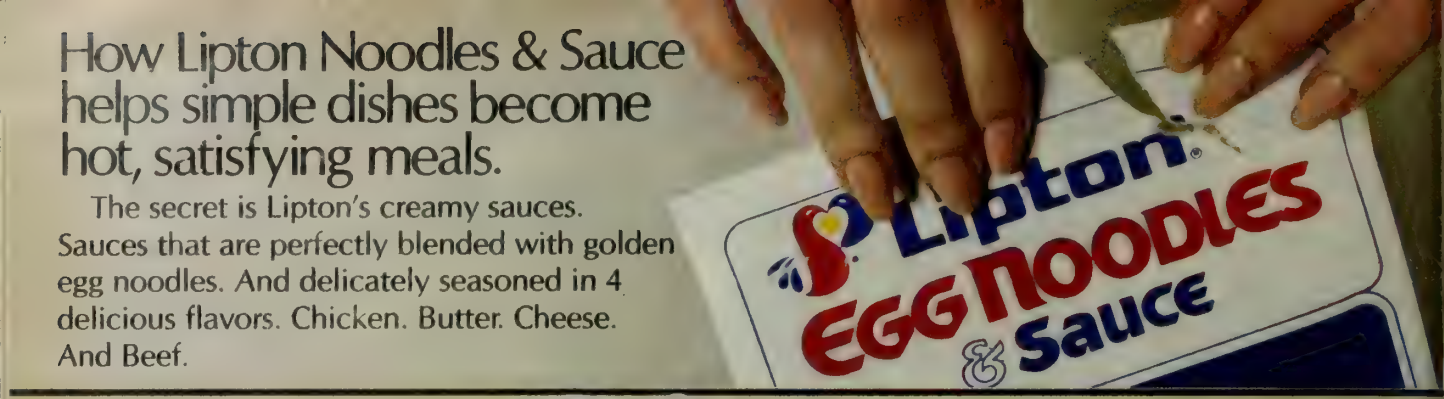




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continued

Recipes from the South

2 cups shredded cheddar cheese (8 ounces)
1 cup milk
4 stiff-beaten egg whites

In medium saucepan combine water, salt, garlic salt, and hot pepper sauce; bring to boiling. Gradually add grits. Cook and stir over low heat 3 to 5 minutes. Remove from heat. In another saucepan combine egg yolks, cheese, and milk; cook over low heat till thickened and cheese is nearly melted. Remove from heat. Stir egg yolk mixture into grits mixture; fold into egg whites. Pour into ungreased 1½-quart or 2-quart soufflé dish or casserole. Bake in 325° oven for 60 to 70 minutes or till knife inserted just off-center comes out clean. Serve at once. Makes 8 to 10 servings.

RECIPES FROM THE WEST

PALACE COURT SALAD

You'll want to serve this sophisticated side-dish salad at your next dinner party—

¾ cup mayonnaise *or* salad dressing
3 tablespoons chili sauce
1 tablespoon snipped chives
1 tablespoon snipped parsley
¾ teaspoon dried tarragon, crushed
¼ teaspoon salt
Dash pepper
1 pound fresh *or* frozen shrimp in shells, peeled, cooked, and cleaned
1 tablespoon lemon juice
Shredded lettuce
5 ½-inch-thick slices tomato
5 canned artichoke bottoms *or* one 9-ounce package frozen artichoke hearts, cooked and drained
3 hard-cooked eggs, sieved
5 half-slices lemon

In a bowl combine mayonnaise or salad dressing, chili sauce, chives, parsley, tarragon, salt, and pepper. Cover and chill. Toss shrimp with lemon juice. Cover and chill. To assemble salads: Place some shredded lettuce on each of 5 individual salad plates. Top each plate with one tomato slice, then an artichoke bottom (or divide artichoke hearts evenly), and some of the shrimp. Sprinkle the sieved egg over. Garnish each serving with a half-slice of lemon. Pass the dressing. Makes 5 servings.

CALIFORNIA COOLER

1 cup orange juice
¼ cup honey
1 750 ml. bottle dry white *or* rosé wine
2 tablespoons lemon juice
2 cups carbonated water, chilled
Ice
Orange slices (optional)

In a saucepan heat orange juice and honey together just till honey is blended. Cool to room temperature. Stir in wine and lemon juice. Cover and chill. Just before serving, slowly add carbonated water, stirring with up-and-down motion. Serve in tall glasses over

continued



Recipes from the West

ice. Garnish with orange slices, if desired. Makes about 6 cups.

CIOPPINO

Don't forget to serve this fish stew with plenty of sourdough bread—

1 pound fresh *or* frozen fish fillets
½ large green pepper, cut into ½-inch squares
2 tablespoons finely chopped onion
1 clove garlic, minced
1 tablespoon cooking oil
1 16-ounce can tomatoes, cut up
1 8-ounce can tomato sauce
½ cup dry white *or* red wine
3 tablespoons snipped parsley
½ teaspoon salt
¼ teaspoon dried oregano, crushed
¼ teaspoon dried basil, crushed
Dash pepper
1 12-ounce package frozen shelled shrimp *or* two 4½-ounce cans shrimp, drained and cleaned *or* one 12-ounce package frozen crab meat
1 7½-ounce can minced clams

Partially thaw fish fillets, if frozen. Remove and discard skin from fillets. Cut fillets into 1-inch pieces; set aside. In a 3-quart saucepan cook green pepper, onion, and garlic in hot oil till onion is tender but not brown. Add *undrained* tomatoes, tomato sauce, wine, parsley, salt, oregano, basil, and pepper. Bring to boiling. Reduce heat; cover and simmer 20 minutes. Add fish pieces, shrimp or crab, and *undrained* clams. Bring just to boiling. Reduce heat; cover and simmer 5 to 7 minutes or till fish and shrimp are done. Makes 6 servings.

STUFFED SOPAIPILLAS

The secret to a puffy sopaipilla is to spoon the hot fat over the circle of dough as soon as it rises to the sur-



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face. Place fried sopaipillas on a paper-towel-lined baking sheet in a 250° oven while frying remaining ones—

- **3 medium tomatoes, finely chopped *or* one 16-ounce can tomatoes, drained and chopped**
- **1 4-ounce can green chili peppers, seeded, rinsed, and chopped**
- **½ cup finely chopped onion**
- **1 tablespoon vinegar**
- **1 teaspoon sugar**
- **1 package active dry yeast**
- **¾ cup lukewarm water (110°)**
- **1 tablespoon cooking oil**
- **2 cups all-purpose flour**
- **½ teaspoon baking powder**
- **Fat for deep-fat frying**
- **1 recipe Sausage *or* Chicken Filling (see recipes page 146)**
- **1 cup shredded cheddar *or* Monterey Jack cheese**
- **½ cup sliced green onion**
- **Sliced, peeled avocado**

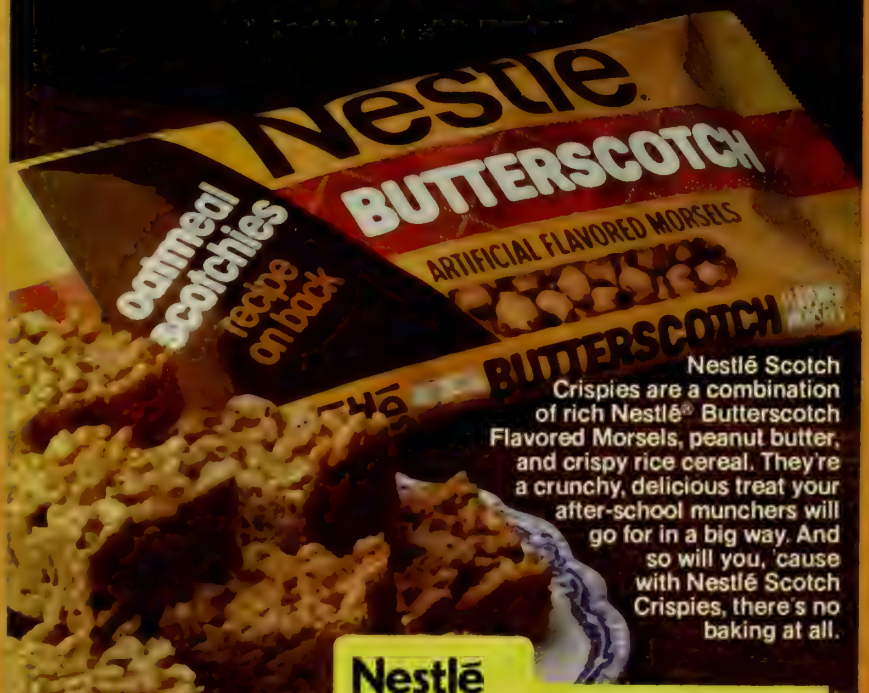
For salsa: In mixing bowl combine tomatoes, chili peppers, and onion; stir in vinegar, sugar, and ⅛ teaspoon *salt*. Let stand at room temperature while making sopaipillas.

For sopaipillas: Dissolve yeast in water. Add oil; set aside. In mixing bowl stir together the flour, ½ teaspoon *salt*, and the baking powder. Add yeast mixture, stirring with fork till moistened. Turn out onto lightly floured surface; knead gently 15 to 20 strokes till dough forms a ball. Divide dough into 12 portions and shape into balls. Cover and let rest, with balls of dough not touching, for 10 minutes. On lightly floured surface roll out one ball at a time to a 4-inch circle. (Keep remaining dough covered while working.) Place one circle at a time in deep hot fat (365°). When dough rises to surface, *immediately* spoon hot fat over



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1 cup peanut butter
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Melt over hot (not boiling) water, Nestlé Butterscotch Morsels and peanut butter; stir until morsels melt and mixture is smooth. Transfer butterscotch mixture to large bowl. Add rice cereal; mix well. Press mixture into aluminum foil-lined 13" x 9" x 2" baking pan. Chill in refrigerator until firm (about 1 hour). Cut into 1½" squares.
Makes: Forty-eight 1½" squares

Nestlé Butterscotch Flavored Morsels.
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continued

Recipes from the West

top till dough puffs. Continue frying, turning once, till golden. (Total cooking time should be 2 to 3 minutes.) Drain on paper toweling. Repeat with remaining dough. To serve, cut off about one-fourth of sopaipilla to expose pocket. Fill with Sausage or Chicken Filling. Pass salsa, cheese, onion, and avocado. Serve at once. Makes 12.

SAUSAGE FILLING

1½ pounds chorizo *or* Italian sausage links, sliced ½ inch thick
¾ cup bottled taco sauce

In skillet cook sausage 15 to 20 minutes or till done. Drain. Add taco sauce; heat through. Keep warm.

CHICKEN FILLING

3 tablespoons butter *or* margarine
¼ cup all-purpose flour
1 cup chicken broth
1 tablespoon snipped parsley
1 tablespoon lemon juice
1 teaspoon grated onion
Dash *each* paprika, ground nutmeg, and pepper
1½ cups diced cooked chicken

In saucepan melt butter or margarine; blend in flour and 1 teaspoon *salt*. Add chicken broth. Cook and stir till bubbly. Add parsley, lemon juice, onion, and seasonings. Stir in chicken; heat through. Keep warm.

TEXAS-STYLE CHILI

2½ pounds beef round steak, cut in ½-inch cubes
½ cup chopped onion
1 clove garlic, crushed
3 tablespoons cooking oil
1 10½-ounce can condensed beef broth
1 soup can (1⅓ cups) water
2 teaspoons sugar
2 teaspoons dried oregano, crushed
2 teaspoons cumin seed, crushed
½ to ¾ teaspoon ground cayenne
½ teaspoon paprika
2 bay leaves
1 4-ounce can green chili peppers, rinsed, seeded, and chopped
2 tablespoons cornmeal
Hot cooked rice
Hot cooked pinto beans

In a large saucepan or Dutch oven brown beef cubes, half at a time, with onion and garlic in hot oil. Stir in beef broth, water, sugar, oregano, cumin, cayenne, paprika, and bay leaves. Bring to boiling; reduce heat. Simmer, uncovered, 1¼ hours or till meat is tender. Stir in chili peppers and cornmeal. Simmer 20 minutes, stirring occasionally. Remove bay leaves. Serve with rice and beans. Makes 6 to 8 servings.

BLUE CORN BREAD

For the most part, blue cornmeal is available only in the southwestern United States—

1 cup all-purpose flour
1 cup blue *or* yellow cornmeal
¼ cup sugar
4 teaspoons baking powder
¾ teaspoon salt
2 eggs
1 cup milk
¼ cup cooking oil

continued

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—Pete the Butcher

"SPICE IS NICE" CHILI CHICKEN

Moisten 2–½ pounds cut-up chicken with ¼ cup water mixed with ¼ teaspoon hot pepper sauce. Add 2 teaspoons chili powder to 1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken Barbecue Style. Coat and bake as directed on package. Makes 4 servings.



Shake'n Bake Barbecue Style. Tastes like you barbecued outdoors.



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continued

Recipes from the West

In mixing bowl stir together flour, cornmeal, sugar, baking powder, and salt. Add eggs, milk, and oil. Beat just till smooth (do not overbeat). Turn into a greased 9x9x2-inch baking pan. Bake in 425° oven for 20 to 25 minutes. Serves 8 or 9.

INDIAN FEAST DAY COOKIES

Use the pictures for shaping—

1½ cups sugar
1 cup shortening
• • •
¼ cup milk
1 beaten egg
1 teaspoon vanilla
• • •
2 cups all-purpose flour
1 cup whole wheat flour
½ cup finely chopped pine nuts
1 teaspoon baking powder
¼ teaspoon salt

In mixer bowl beat together sugar and shortening about 5 to 6 minutes or till light and fluffy. Combine milk, egg, and vanilla. Stir together flours, pine nuts, baking powder, and salt; add to creamed mixture alternately with liquid mixture, beating well after each



addition. Divide dough in half. On a lightly floured surface roll half of the dough at a time to a 12x6-inch rectangle. Cut into eighteen 2-inch squares. With sharp knife make cuts in squares, gently shaping with fingers as shown. Repeat with remaining dough. Place on ungreased cookie sheet. Bake in a 350° oven for 15 to 16 minutes. Remove from cookie sheet; cool on wire rack. Makes 36 cookies.

continued



(Unknown to her guests, Linda is serving an Oregon Farms® Carrot Cake.)

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TRADITIONAL MINCE PIE
(Makes one 9-inch pie)

1 (9-ounce) package "Jiffy"® Pie Crust Mix
1 (28-ounce) jar None Such® Ready-to-Use Mince Meat
1 egg yolk plus 2 tablespoons water, optional

Preheat oven to 425°; place rack in lower half of oven. Prepare pastry for 2-crust pie. Turn mince meat into pastry-lined 9-inch pie plate. Cover with top crust; cut slits near center. Seal and flute. For a more golden crust, mix egg yolk and water; brush over entire surface of pie. Bake 30 to 35 minutes or until golden brown.

PEACHY MINCE PIE: Drain 1 (16-ounce) can sliced peaches. Turn mince meat into pastry shell; top with peaches. Proceed as above

MINCE NUT PIE: Stir together mince meat and 1 cup coarsely chopped nuts. Proceed as above.

MINCE APPLE STREUSEL PIE: Prepare pastry for 1-crust pie. Combine remaining pie crust mix, ¼ cup firmly packed brown sugar and 2 teaspoons ground cinnamon; cut in 2 tablespoons softened margarine or butter until crumbly. Stir in ¼ cup chopped nuts. Pare and slice 2 cooking apples; toss with 2 tablespoons flour. Arrange in pastry shell; top with mince meat, then streusel topping. Bake 25 to 30 minutes.

CRANBERRY MINCE PIE: Stir together mince meat and 1 (8-ounce) jar cranberry-orange relish and 2 tablespoons flour. Proceed as above

continued

Recipes from the West

APRICOT-PINEAPPLE PIE

2 cups dried apricots
¾ cup sugar
2 tablespoons all-purpose flour
1 20-ounce can crushed pineapple
Pastry for 2-crust 9-inch pie
1 tablespoon butter *or* margarine

Halve apricots. In large saucepan cover apricots with *water;* bring to boiling. Simmer gently, covered, for 15 to 20 minutes or till tender. Drain. In mixing bowl combine sugar and flour; add drained apricots and *undrained* pineapple. Toss to mix thoroughly. Prepare and roll out *half* the pastry to a 12-inch circle. Line a 9-inch pie plate with pastry circle. Trim pastry to edge of plate. Turn fruit mixture into pastry-lined pie plate; dot with butter or margarine. On floured surface roll out remaining pastry. Cut in ½-inch-wide strips with pastry wheel or sharp knife. Arrange strips atop pie in lattice fashion. Seal and flute edge. To prevent overbrowning, cover edge of pie with foil. Bake in 375° oven for 25 minutes. Remove foil; bake 20 to 25 minutes. Cool on wire rack.

GRAPEFRUIT CHIFFON LOAF CAKE

1 cup all-purpose flour
¾ cup granulated sugar
1½ teaspoons baking powder
¼ teaspoon salt
¼ cup cooking oil
3 egg yolks
1½ teaspoons finely shredded grapefruit peel
⅓ cup grapefruit juice
4 egg whites
¼ teaspoon cream of tartar
2 teaspoons finely shredded grapefruit peel
½ teaspoon vanilla
1 to 2 tablespoons grapefruit juice
1 cup sifted powdered sugar

In a small mixer bowl stir together flour, the granulated sugar, the baking powder, and salt. Make a well in center of dry ingredients. Add in order: oil, egg yolks, the 1½ teaspoons grapefruit peel, and the ⅓ cup juice. Beat smooth with electric mixer. Wash beaters thoroughly. In a large mixer bowl beat egg

continued


Every Single time it's...
"WOW"...
...cause every single time it's...
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EACH DELICIOUS SLICE WRAPPED
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Farberware found that the best way to get something done is to go around in circles.

The Farberware Convection Oven. A cooler, cleaner, faster and more economical way to cook.

The Farberware® Convection Oven is taking cooking in a totally new direction.

It works on the principle that if you constantly circulate hot air around the food, food will constantly come out better. That's the same concept cooks have used in professional ovens for years.

You can roast, bake and broil. In fact, you can roast up to an 18 lb. turkey in one-third less time. And because the food is surrounded by even heat, you never have to turn anything over. It also cooks frozen meat in the time it would normally take to cook thawed meat.

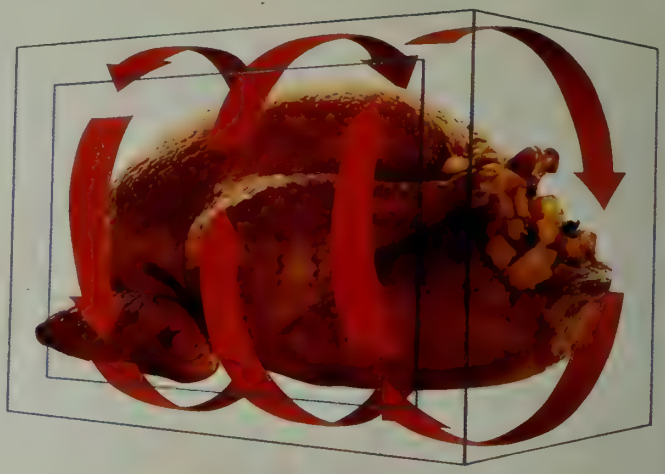
Foods look and taste better than ever before. Poultry gets done to a golden brown, tender and moist throughout. Meats come out pink and juicy inside, brown and sizzling outside. And cakes, pies and breads are so light and moist they'd make a baker envious.

Plus, there's room enough for two cooking racks. So you can cook several different things at the same time.

Exclusive "Probe-A-Matic Control"

Here's a way, other than guessing, to know when a rib roast or London broil is cooked precisely to your liking.

Our Precision Probe-A-Matic™ Control enables you to achieve the highest degree of accuracy in cooking. All you have to do is set the control to the correct internal meat temperature for rare, medium-rare, etc. Once you insert the meat probe, the oven is on "automatic pilot." It shuts itself off when the meat is done.



Save Time, Work and Money

In addition to saving you time, a Farberware Convection Oven saves you money and work.

It cooks so fast and efficiently, it requires less electricity than an ordinary oven. It works on ordinary household current, without needing any special wiring. And, because the air is constantly travelling in circles, it can't escape to heat up your kitchen. You can tell that's true; the oven's top and sides stay cool enough to touch.

It even cleans up after itself. The inside walls of our oven are treated to vaporize food splatters while the oven is on.

The Choicest Choices

Farberware wasn't content to make only one portable electric counter-top oven that would be vastly superior to any conventional oven made. So, we made three.

There's the Farberware Convection Oven with Precision Probe-A-Matic Control and brushed chrome look (shown below). Or, you can choose a Farberware Convection Oven without the meat probe, in either a brushed chrome or rosewood look.

All three give you great results and take less time, effort and work. And, all three sell for a lot less than other ovens that don't do nearly as much, nearly as well.

The Farberware Convection Ovens. They cook circles around all other ovens.



(U.S. Pat. No. 3,828,760)
Farberware, 1500 Bassett Ave., Bron[illegible]

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Subsidiary of Walter Kidde & Company, Inc.
KIDDE
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RICH,

This stack of pancakes is topped with the leading brand of syrup.



cup chopped almonds, and the yeast. In a saucepan heat butter or margarine, the ½ cup sugar, the water, and salt till lukewarm (115° to 120°), stirring constantly till butter almost melts. Add to mixer bowl along with sour cream, eggs, and vanilla. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon. Turn out onto a lightly floured surface. Knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes). Shape into a ball. Place in a greased bowl; turn once to grease surface. Cover; let rise till double (1½ to 1¾ hours). Punch down; divide in half. Cover; let rest 10 minutes.

On lightly floured surface roll *half* the dough to an 18x12-inch rectangle. Spread *half* of the Cheese Filling on dough to within ½ inch of edges; roll up, starting from long side. Press edges together to seal. Place, seam side down, on lightly greased baking sheet, curving roll to make a wreath. Press ends of roll together. Cut short slits about 1½ inches apart in top of wreath. Brush with some egg white. If desired, garnish with some sliced almonds and sprinkle with sugar. Repeat with other half of dough and filling. Cover; let rise till double (about 1 hour). Bake in 350° oven for 30 to 35 minutes. If necessary, cover with foil after 20 minutes of baking to prevent overbrowning. Cool on wire rack. Makes 2.

To make Cheese Filling: In small mixer bowl cream together one 8-ounce package *cream cheese,* ¼ cup *sugar,* 1 *egg yolk,* and ½ teaspoon *vanilla.* Stir in ½ cup chopped *almonds* and ½ cup *light raisins.*

continued

Recipes from the West

whites with cream of tartar till very stiff peaks form (tips stand straight). Gradually pour flour mixture in a thin stream over surface of egg whites, folding in gently. Pour into an ungreased 9x5x3-inch loaf pan. Bake in 350° oven for 25 to 30 minutes or till cake tests done. Invert; cool in pan completely. Loosen edges of cake and remove from pan. Combine remaining grapefruit peel, vanilla, and enough juice with the powdered sugar to make an icing of drizzling consistency. Spread over top of cake, allowing some icing to drizzle down sides.

CHEESE-ALMOND BREAD

- **3¾ to 4 cups all-purpose flour**
- **¾ cup finely chopped almonds**
- **2 packages active dry yeast**
- **¼ cup butter or margarine**
- **½ cup sugar**
- **¼ cup water**
- **½ teaspoon salt**
- **¾ cup dairy sour cream**
- **2 eggs**
- **1 teaspoon vanilla**
- **1 recipe Cheese Filling**
- **1 slightly beaten egg white**

In a large mixer bowl combine *1½ cups* of the flour, the ¾

RICHER!

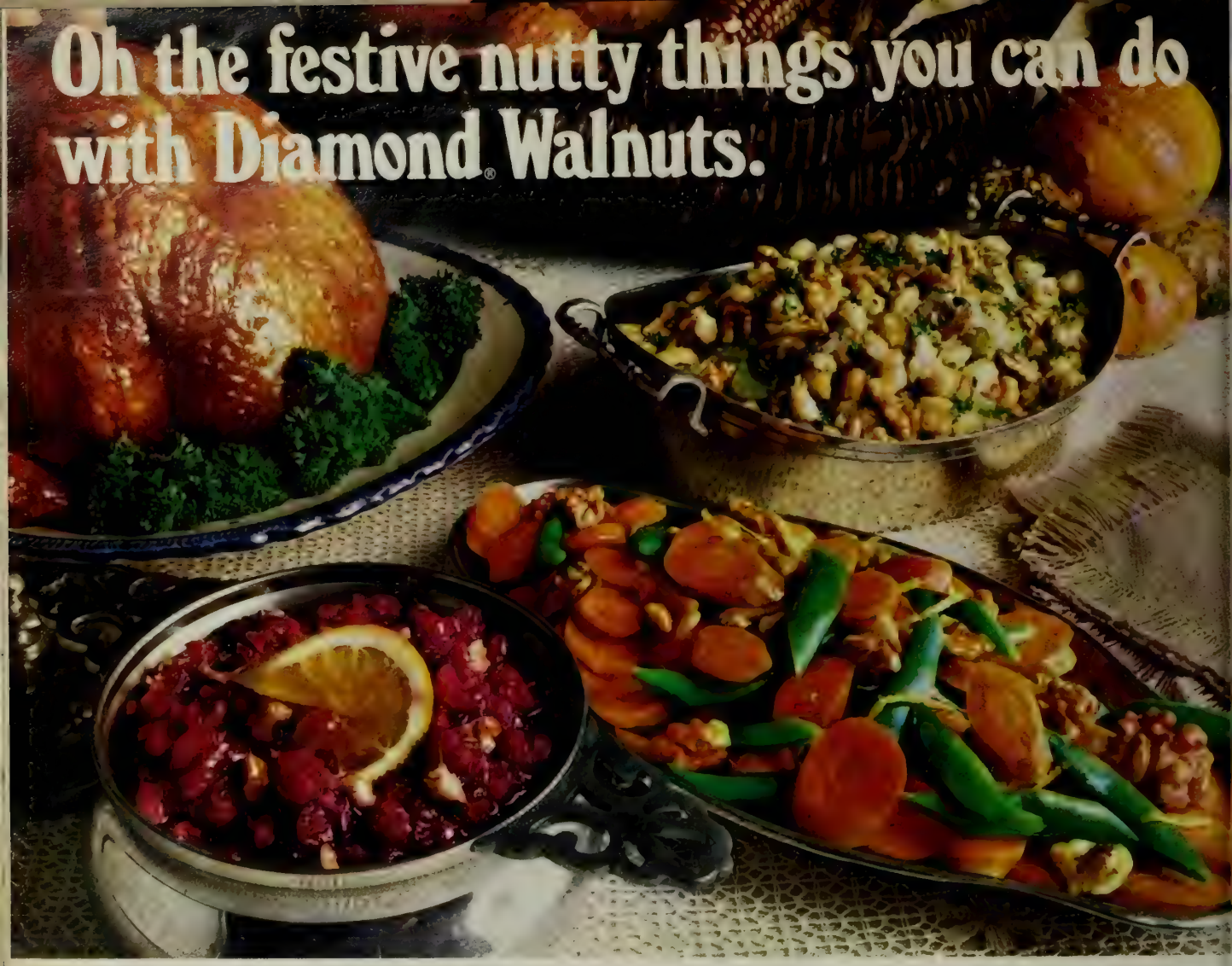
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Oh the festive nutty things you can do with Diamond® Walnuts.



Prepare this feast and your family will gobble it up.

Buttery Walnut Stuffing

3 quarts coarse day-old bread crumbs
1 cup butter or margarine
2 cups sliced celery
1 cup sliced fresh mushrooms
1 cup coarsely chopped onion
2 teaspoons thyme, crumbled
½ teaspoon sage
1 teaspoon salt
¼ teaspoon pepper
½ cup giblet broth*
1 cup coarsely chopped Diamond Walnuts
¼ cup chopped parsley

Turn crumbs into large baking pan and toast lightly in oven at 350° F. for about 20 min., stirring once or twice. Melt butter in large skillet; add celery, mushrooms and onion. Saute lightly, stirring frequently. Stir in herbs, salt, pepper and broth. Pour over bread crumbs, tossing to moisten evenly. Stir in walnuts and parsley. Stuff into body cavity of turkey, or turn into baking dish and cover. To bake separately, bake for about 30 min. at 350° F. Uncover; bake 10 to 15 min. longer until top is lightly toasted. Makes about 2½ qts. stuffing, enough for 12-lb. turkey.

*Or, 1 chicken bouillon cube dissolved in ½ cup hot water.

Walnut Cranberry Relish

½ cup Diamond Walnuts
1 package (1 pound) fresh cranberries
2 medium oranges
1½ cups granulated sugar

Drop walnuts into rapidly boiling water; boil 3 min. Drain well and spread on flat baking pan. Bake at 350° F. for about 10 min. until crisp and very lightly browned.

Cool and chop. Rinse cranberries and oranges. Cut oranges into small wedges; remove any seeds. Grind, using fine blade (or process in food processor until finely ground). Grind cranberries, using coarse blade (or process, turning on and off, until coarsely chopped). Combine cranberries, oranges and sugar, mixing well. Chill until serving time. Stir in walnuts just before serving. Makes about 1 qt.



Walnut Vegetable Medley

¾ pound green beans
1½ pounds carrots
2 tablespoons butter or margarine
½ teaspoon grated lemon peel
½ cup Diamond Walnuts
¼ teaspoon seasoned salt

Cut beans into 1½-in. lengths. Pare and slice carrots. Cook vegetables separately in salted water just until tender-crisp, about 10 min. Meanwhile, melt butter with lemon peel in small skillet. Add walnuts and toast lightly over moderately low heat, stirring constantly. Drain vegetables and combine with walnut-butter mixture and seasoned salt. Turn into serving dish. Makes about 8 servings.

Oh the lovely nutty things you can do with Diamond Walnuts.



File under Breads

Photographs: Mike Dieter

Easy Coffee Breads

Pecan Pizza Coffee Cake

Top honors go to this quick one-rise coffee cake with an offbeat shape—

½ cup whole bran cereal, coarsely crushed
¼ cup granulated sugar
1 package active dry yeast
½ cup warm water (110° to 115°)
1 egg
1½ cups all-purpose flour
1 tablespoon cooking oil
1 cup chopped pecans
⅓ cup packed brown sugar
¼ cup maple-flavored syrup
2 tablespoons butter *or* margarine
1 teaspoon ground cinnamon

Combine cereal, granulated sugar, and yeast. Stir in water. Let stand 5 minutes. Add egg, **½ cup** of the flour, the oil, and ½ teaspoon **salt.** Beat at low speed of mixer till blended. Beat at high speed 3 minutes, scraping bowl. By hand, stir in remaining flour. Knead 1 minute. Place in greased bowl. Cover; let rise till double (about 1 hour). In saucepan combine pecans, brown sugar, syrup, butter or margarine, and cinnamon. Cook and stir over low heat just till sugar dissolves. Do not boil. Set aside. Punch dough down. With floured hands press dough into a greased 12-inch round pizza pan or two greased 9-inch round cake pans, forming a high edge. Crimp edge; spread pecan mixture to within 1 inch of edge. Bake at 400° about 20 minutes. (If using a 12-inch pizza pan, place pan on a baking sheet to bake.) Cool.

Mrs. Audrey Kovalak, Springfield, Va.



File under Vegetables

Buying information, page 212

Harvest Vegetable Ideas

Cheesy Broccoli Casserole

Make this first-place vegetable side dish with asparagus when it's in season—

1½ pounds fresh broccoli
2 slightly beaten eggs
¾ cup cottage cheese
½ cup shredded cheddar cheese (2 ounces)
2 tablespoons finely chopped onion
1 teaspoon Worcestershire sauce
½ teaspoon salt
⅛ teaspoon pepper
¼ cup fine dry bread crumbs
1 tablespoon butter *or* margarine, melted

Wash and trim broccoli; cut stalks into spears. Cook broccoli, covered, in a small amount of boiling **unsalted** water about 10 minutes or till crisp-tender; drain. Meanwhile, in bowl combine eggs, cheeses, onion, Worcestershire sauce, salt, and pepper. Arrange broccoli spears in a shallow 1½-quart baking dish; spoon cheese mixture atop. Stir together bread crumbs and melted butter or margarine; sprinkle over cheese mixture. Bake, uncovered, in a 350° oven for 15 to 20 minutes or till heated through and egg mixture is set. Serve immediately. Makes 4 to 6 servings.

Mrs. Flora B. Rippstein, Apple Valley, Calif.



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Copenhagen Brussels Sprouts

Bottled Italian salad dressing is the basis for the tangy sauce—

2 pints (1 pound) fresh brussels sprouts or 2 8-ounce packages frozen brussels sprouts
6 slices bacon
⅓ cup bottled Italian salad dressing
1 3-ounce can sliced mushrooms, drained
¼ cup sliced green onion
2 tablespoons chopped pimiento
¼ cup blue cheese, crumbled

For fresh brussels sprouts, halve large sprouts. Cook, covered, in a small amount of boiling salted water about 10 minutes or till tender; drain. (For frozen brussels sprouts, cook according to package directions; drain.) In a small skillet cook bacon till crisp; drain. Crumble bacon; set aside. Combine cooked sprouts, salad dressing, the mushrooms, onion, and pimiento. Cook over low heat till heated through, stirring frequently. Remove from heat; stir in blue cheese and crumbled bacon. Makes 6 to 8 servings.



Carrot-Cauliflower Cheese Pie

Combine 2 cups **herb-seasoned croutons,** finely crushed, with ¼ cup **butter** or **margarine,** melted. Press mixture into a 9-inch pie plate. Bake in 375° oven for 8 to 10 minutes or till golden. Set aside. In a saucepan cook 1 cup chopped **onion** and 1 clove **garlic,** minced, in 2 tablespoons **butter** or **margarine** till onion is tender but not brown. Add ½ teaspoon **dried savory,** crushed; ½ teaspoon **dried oregano,** crushed; ¼ teaspoon **salt;** and dash **pepper.** Stir in 4 cups **cauliflower flowerets** (1 medium head cauliflower); and ½ cup sliced **carrot.** Cook, covered, over low heat for 10 to 15 minutes or till vegetables are crisp-tender. Sprinkle ¾ cup shredded **cheddar cheese** over the bottom of prebaked pie shell; spoon vegetable mixture atop. Combine 2 slightly beaten **eggs** and ¼ cup **milk.** Pour over vegetables in pie shell. Bake, uncovered, in 375° oven 15 minutes. Top with ¾ cup more shredded **cheddar cheese;** bake 5 to 10 minutes or till set. Serves 6 to 8.



Quick Date-Nut Ring

When you add the flour mixture to the saucepan ingredients, be sure to thoroughly blend in the dry ingredients—

1½ cups water
1 cup chopped pitted dates
1 cup cooking oil
3 slightly beaten eggs
1 teaspoon vanilla
3 cups all-purpose flour
1½ cups sugar
1 teaspoon baking soda
½ teaspoon salt
1 cup chopped walnuts

In a 3-quart saucepan bring water to boiling. Remove from heat. Stir in dates; cool 15 minutes. Add oil, eggs, and vanilla; mix well. In a large bowl thoroughly stir together flour, sugar, soda, and salt; add to saucepan, blending well. Stir in nuts. Turn into greased 10-inch tube pan. Bake in a 350° oven for 45 to 50 minutes or till done, covering with foil the last 15 minutes to prevent overbrowning. Cool in pan. Slice to serve. Makes 1 ring.

Mrs. Joseph D. Comer, Churchville, Md.



Wheat-Fruit Coffee Bread

Combine 2 cups **whole wheat flour** and 2 packages **active dry yeast.** Heat together 1¼ cups **milk,** ½ cup **sugar,** ½ cup **butter** or **margarine,** and 2 teaspoons **salt** till warm (115° to 120°). Add flour mixture along with 1 **egg.** Beat at low speed of electric mixer for ½ minute, scraping bowl. Beat 3 minutes at high speed. Stir in as much additional **whole wheat flour** as you can stir in (2 to 2¼ cups). Cover dough with clear plastic wrap; chill 2 hours. Divide dough in half; on floured surface roll each half to 14x10 inches. Place each rectangle on a greased baking sheet. Spread ¾ cup any flavor **fruit preserves** lengthwise down center third of **each** rectangle. Bring the two long sides of dough up and over filling, overlapping edges. Moisten edges; seal. Diagonally slash at 1½-inch intervals through top layer of dough. Cover; let rise 1 hour. Bake at 350° for 25 minutes. Cool. Blend 1 cup sifted **powdered sugar** and enough **milk** to make a drizzling consistency. Spoon over loaf. Makes 2.

Streusel Swirl.® The 6-meal cake.



We call Streusel Swirl the 6-meal cake because it's ideal for any meal. It's perfect with a simple breakfast, a sandwich lunch or even a sumptuous dinner. Not to mention those coffee breaks, after-school snacks and midnight raids. And it's no wonder—with that scrumptious swirl of flavor inside and luscious light glaze outside. Streusel Swirl cake mix from Pillsbury. It's perfect for any meal.

Pillsbury

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HE COOKS

No-Crust German Chocolate Pie





Photographs: Dieter; Benton

"I first got interested in cooking a few years ago when I was in the Navy and stationed on a fleet tugboat," says Robert Franklin of Ashland, Kentucky. "The cook was often seasick, so I had to make many of my own meals." Now that he's retired from the Navy and working rotating shifts in a steel mill, Robert is still fixing many of his own meals. "At first I cooked to help out my wife, Marie, who works, but now I putter in the kitchen for the fun of it," he says.

Robert's approach to cooking is to keep it simple. "The reason I enjoy making No-Crust German Chocolate Pie is because it eliminates the fuss of making pastry," he says. He developed the pie from a recipe his sister-in-law gave him, and over the years, the pie has become a Franklin family favorite. Robert often serves it after his favorite main dish, hamburger steaks smothered in onions. We think you'll find that No-Crust German Chocolate Pie makes a great ending to just about any meal.

NO-CRUST GERMAN CHOCOLATE PIE

Make this chocolate lover's dessert ahead for your next party—

2 ounces German sweet baking chocolate
½ cup butter *or* margarine
1 teaspoon vanilla
3 beaten eggs
1 cup sugar
3 tablespoons all-purpose flour
¼ teaspoon salt
1 cup chopped walnuts
Whipped cream

In a saucepan melt chocolate and butter or margarine over low heat; remove from heat. Stir in vanilla; cool.

In a small mixer bowl combine eggs, sugar, flour, and salt. Beat with electric mixer just till blended. *Do not overbeat.* Fold in cooled chocolate mixture; fold in the 1 cup nuts. Pour into a lightly greased and floured 9-inch pie plate.

Bake in 350° oven for 1 hour or till knife inserted just off-center comes out clean. Refrigerate the pie overnight before serving. To serve, dollop it with whipped cream and garnish with additional chopped walnuts, if desired.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If you have a favorite original recipe, we'd like to hear about it. And if yours is selected for the "He Cooks" feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, IA 50336. No recipes will be returned. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corp. the right to use it in any manner as long as we wish.

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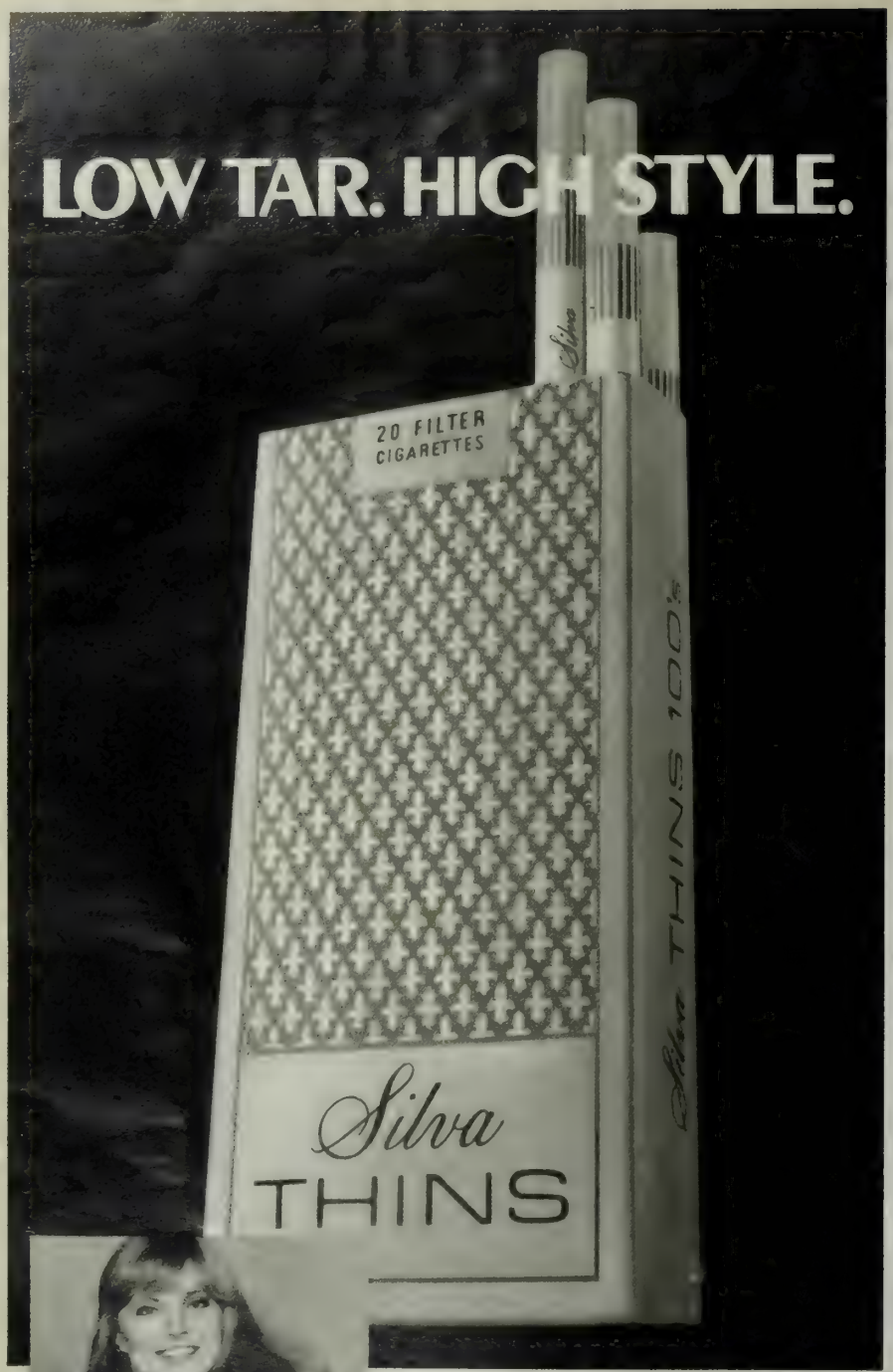
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begins on page 109

Heritage dolls

To order preprinted fabric, see page 100.

General instructions

If you plan to make a set of dolls from scratch, enlarge the patterns *below* and on the following pages onto closely woven white (or off-white) cotton-blend fabric, using a tracing wheel and light-colored dressmaker's carbon paper. *Leave at least 1 inch around each doll for seam allowances.* Go over the lines with a permanent brown fine-tip marking pen.

To decorate the dolls, follow the suggestions *below.*

Decorating dolls

Keep in mind that you may leave the dolls plain if desired. However, if you plan to decorate the dolls, they should be painted and/or embroidered before they are cut and stitched.

Painting: Use high-quality acrylic or fabric paints. Place a small amount of paint on a glass plate or palette. Thin the paint with a few drops of water until it's of light-cream consistency. To lighten the color of the paint, add a drop of white paint to a few drops of water and mix the white paint with a color. If necessary, add a few more drops of water to lighten the effect.

To mix 2 colors of paint, follow the same procedure, mixing the 2 colors until you achieve the desired shade.

Place the fabric dolls on several layers of newspaper or paper towels. To begin painting, dip a small brush in paint and remove excess water by lightly dabbing the brush on a paper towel. (Excess water makes the paint bleed on the fabric.) Do not place too much paint on the brush at a time.

Beginning with the large areas first, paint *up to but not over* the brown outlines. To prevent the colors from bleeding, make sure each painted area is dry before beginning an adjacent area. Use a light wash of color so the brown outlines show through the paint. (We used soft, earthy colors on the pioneer dolls, pastel colors on the colonial dolls, and bright colors on the Victorian dolls.)

When the dolls are dry, gently press

continued



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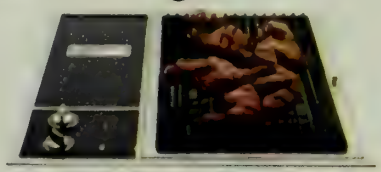
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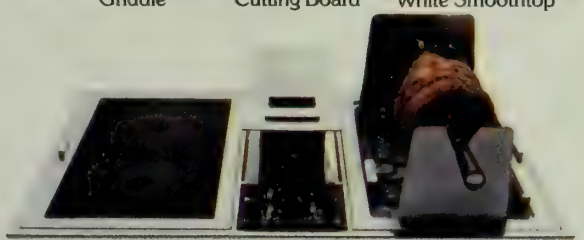
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continued

Heritage dolls

the wrong side of the fabric with a warm iron. For extra body, add a light coat of spray starch.

To clean brushes, rinse them thoroughly in running water.

Crayons: Use high-quality crayons or specially formulated fabric crayons (available at art supply stores). Color the front and back of each doll in the desired colors, being careful not to leave flecks of wax on the fabric.

Place the fabric faceup on several layers of clean paper towels and cover the fabric with more paper towels. Press the fabric with a hot iron to set the colors. Change the paper towels and repeat if necessary.

Colored pencils: Use high-quality colored pencils or artist's oil pencils. These pencils yield a wide range of colors, depending on how much pressure you apply. After coloring the dolls, press the fabric, following the instructions for the crayon dolls.

Permanent marking pens: Choose fine-tip fabric marking pens that do not bleed on fabric and will not cause the brown outlines to bleed. To test your pens, mark a piece of scrap fabric.

Use light colors since the ink from a marking pen often looks darker when applied to fabric.

To color the dolls, mark each area lightly, being careful not to obliterate the brown outlines.

When you've finished, press the fabric on the wrong side using a warm iron.

Embroidery: Combine touches of embroidery with painting if desired, or use embroidery alone to highlight certain details. Limit embroidery to facial features, hair, clothing details, flowers, etc., rather than trying for an overall embroidered effect.

Using a single strand of embroidery floss throughout, work facial features in stem (or outline) stitch with French knots and satin stitch for highlights. (Refer to embroidery books for stitch how-to.) Use cotton, silk, metallic, or linen threads, or lightweight pearl cotton for special effects. Embellish clothing and other details with a variety of basic embroidery stitches.

Beading: Embellish certain design motifs with small beads, seed pearls, or glass jewels. String the beads on a strand of thread and tack it in place.

Quilting: After all other decorating is completed, the dolls may be trapunto quilted for added dimension. Pin a muslin, organdy, or other lightweight fabric backing to the wrong side of the fabric doll. Quilt along the design lines you wish to emphasize—clothing or accessories, for example. After quilting, use small, sharp scissors to carefully cut a slit in the backing fabric only. Place a small piece of stuffing between the 2 layers of fabric and whipstitch the slit edges together.

Assembly

1. Cut out the fronts and backs of each doll, leaving at least ½ inch of fabric around the solid outlines. With right sides facing, pin and baste front and back sides together, matching solid outlines carefully.

2. Stitch the dolls together by hand or machine, stitching ⅛ inch outside the solid outlines and following the curves as closely as possible. Leave a small opening in the base of each doll for turning and stuffing. Or, leave the entire bottom edge of each doll open and cut a fabric oval for the base of each doll. For extra stability, line each fabric oval with a piece of cardboard.

Trim seams, clip curves, and notch seam allowances.

3. Turn each doll right side out, making sure each curve and corner is turned to the stitching line.

Stuff the dolls with small pieces of polyester fiberfill, beginning at the head and gradually working your way down. Do not overstuff and do not leave gaps between pieces of fiberfill.

Slip-stitch the openings closed, turning raw edges under. Or, stitch each fabric base in place, inserting cardboard ovals for lining.

4. For sweet-smelling sachets, fill each doll with potpourri instead of fiberfill. To make a potpourri, clip rose petals during the summer and dry them in a shady, well-ventilated place. Store the petals in an airtight container for several weeks, stirring every few days. Add a mixture of lavender, orrisroot, tonka bean, sandalwood, lemon verbena, frankincense, and myrrh; cure, covered, for about 6 weeks, stirring frequently.

Use nylon thread or narrow grosgrain ribbon to hang the dolls.

continued

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LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION

COUPON EXPIRES NOVEMBER 30, 1981

18 HR 18 © R.P.Co., 1980

Sears Super Values
Sale
October 26-November 22, 1980

Save $100* on Sears Townsville sofa

Now $399.88. This traditionally styled sofa is upholstered in a quilted, woven, soft velvet. It's treated with SCOTCHGARD® Brand Fabric Protector to resist spills and stains. To help insure long wear, each sofa has a full coil spring base, a hardwood frame and double dowelled construction. For comfort, each seat cushion has a polyurethane foam core. The Townsville demi sofa is also on sale now, at Sears.

Save $10* on a ceramic ginger jar lamp. This 29½ inch high lamp has a brass-plated base and an off-white shade of shirred fabric on styrene. Now just $34.99.

*This is the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

Sears

Where America shops for Value

©Sears, Roebuck and Co. 1980

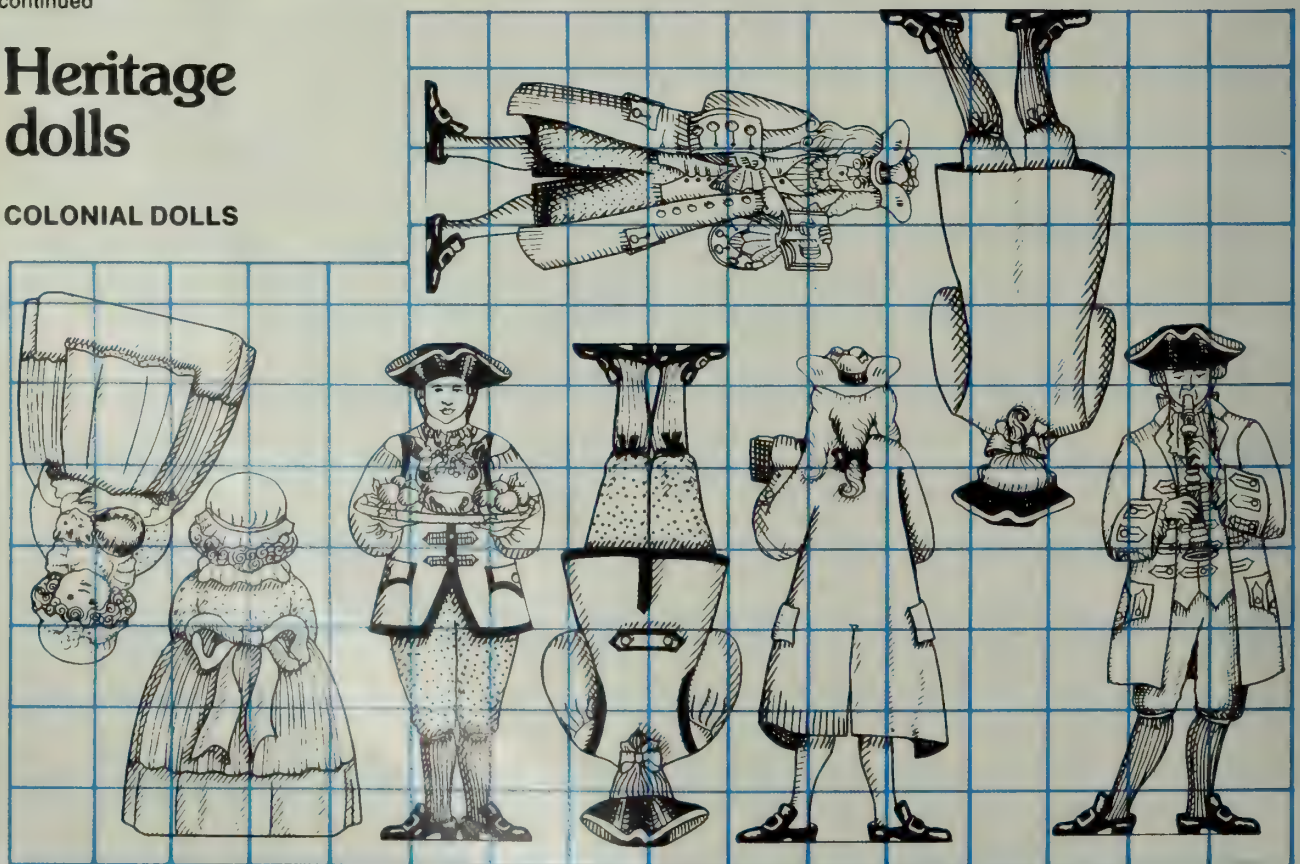


Townsville sleeper also specially sale priced.

continued

Heritage dolls

COLONIAL DOLLS



1 Square = 1 Inch

continued



Extraordinary Value!
Sears Prelude automatic blankets with a full five-year warranty

Dial down your thermostat and sleep warmly under a Prelude automatic blanket. Even at its highest setting, Prelude costs just pennies a night to operate.

The lighted temperature control adjusts to eleven settings and has a separate on/off switch. This polyester and acrylic blend is machine washable, too.

Now $19.99 twin size

Save $8.00*

Sears Prelude automatic blanket. Only $19.99 twin size. Save 20% on full, queen and king sizes, too. All backed by Sears 5-yr. warranty.

Full five-year warranty

If any defect in material or workmanship should appear in your Prelude blanket or control within 5 years from the date purchased, just return it to Sears for repair or replacement—at no charge.

*This is the minimum savings nationally. Regular prices vary in some markets.

Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

Sears

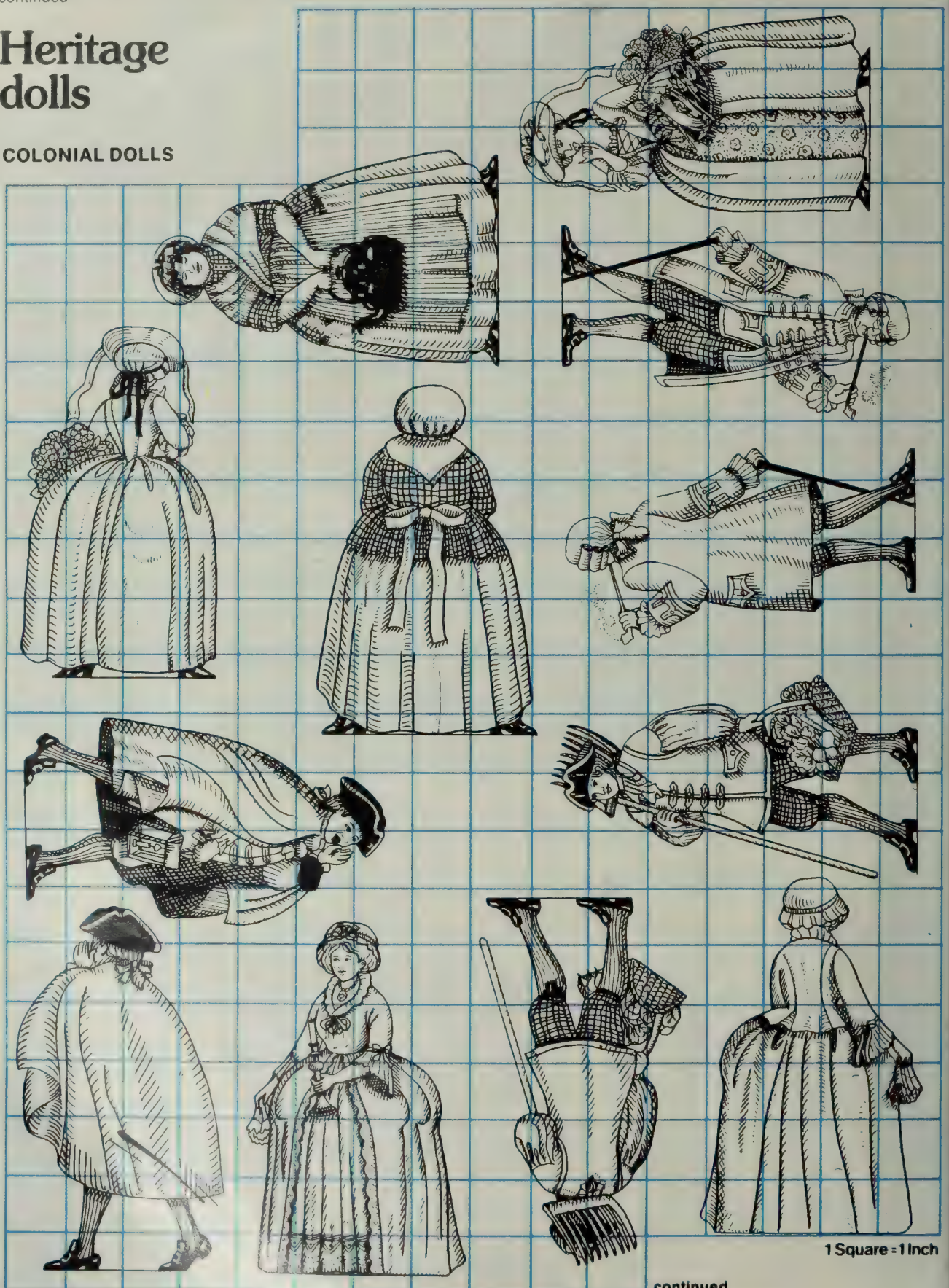
Where America shops for Value

©Sears, Roebuck and Co. 1980

continued

Heritage dolls

COLONIAL DOLLS



1 Square = 1 Inch

continued



TRIUMPH®
beats Salem Lights!

Triumph Menthol, at less than one-third the tar, preferred over Salem Lights.

When tar levels were revealed, more Menthol smokers independently chose Triumph Menthol over Salem Lights in rating overall product preference. Of those expressing a preference, over 61% preferred 3 mg Triumph Menthol to 11 mg Salem Lights.

Results showed that Triumph Menthol was also preferred by Menthol smokers over 16 mg Kool, 16 mg Salem and 8 mg Merit Menthol.

Now, test for yourself. Compare Triumph Menthol with any so-called "low tar" Menthol cigarette. You'll taste why we named it Triumph.

National Smoker Study results available free on request.
Write: National Smoker Study, P.O. Box 2733M, Hillside, New Jersey 07205



Taste the UMPH! in Triumph at only 3 mg tar.

©Lorillard, U.S.A., 1980

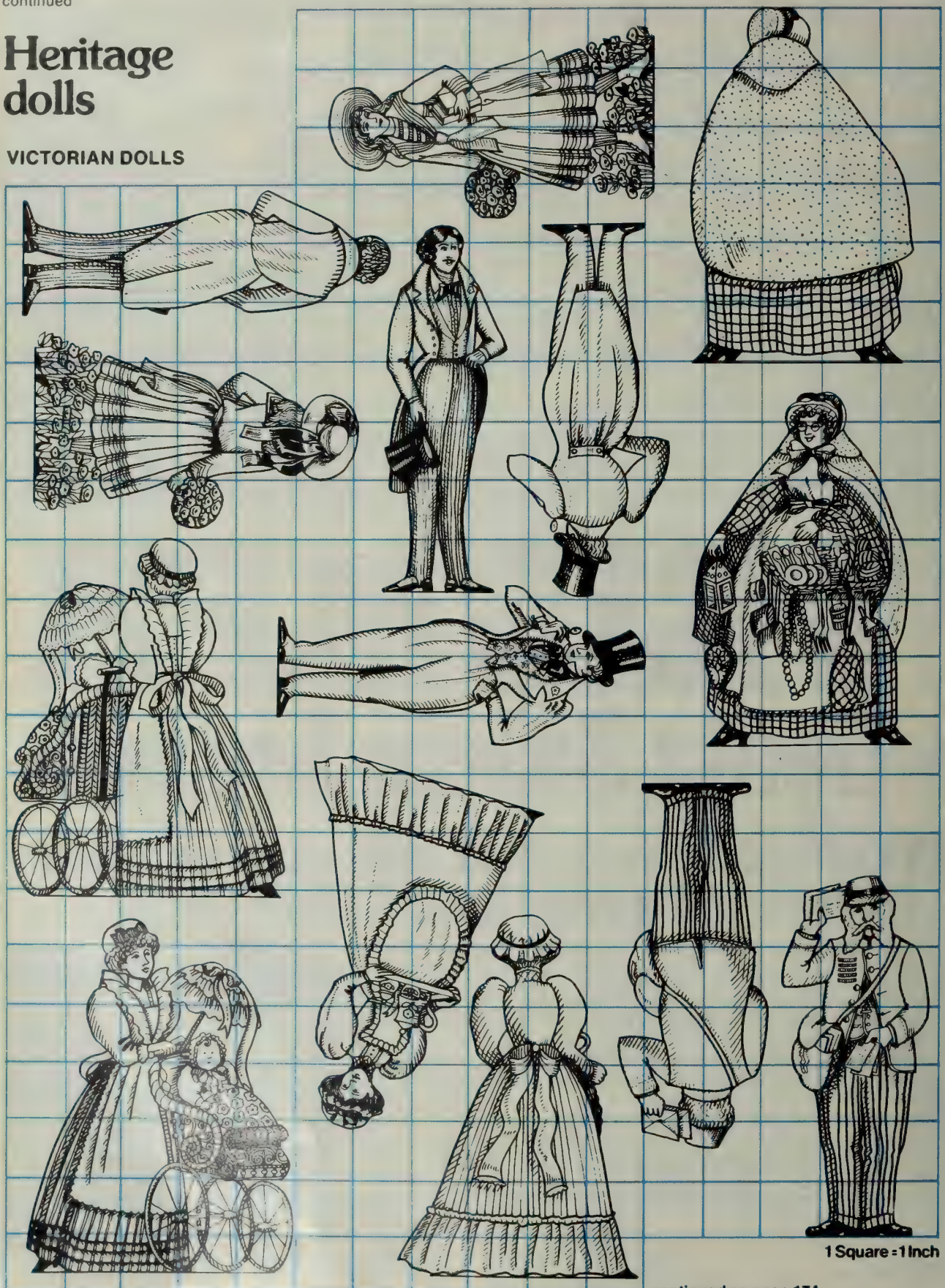
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

3 mg. "tar," 0.4 mg. nicotine av. per cigarette by FTC Method.

continued

Heritage dolls

VICTORIAN DOLLS



1 Square = 1 Inch

continued on page 174

KRAFT

BLUE DIAMOND

The Nutsnacker.

Toast the season's riches with this snappy new spread. Formed in a nutshell of crisp, crunchy Blue Diamond® Almonds and made especially creamy with KRAFT Real Mayonnaise. As a holiday appetizer, its flavor is so scrumptious your guests will go simply nutty.

ALMOND PINECONES

- 1-1/4 cups BLUE DIAMOND® Whole Natural Almonds
- 1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese
- 1/2 cup KRAFT Real Mayonnaise
- 5 crisply cooked bacon slices, crumbled
- 1 tablespoon chopped green onion
- 1/2 teaspoon dill weed
- 1/8 teaspoon pepper

Spread almonds in a single layer in shallow pan. Bake at 300°, 15 minutes, stirring often, until almonds just begin to turn color.

Combine softened cream cheese and mayonnaise; mix well. Add bacon, onion, dill and pepper; mix well. Cover; chill overnight. Form cheese mixture into shapes of two pinecones on serving platter. Beginning at narrow end, press almonds at slight angle into cheese mixture in rows. Continue overlapping rows until all cheese is covered. Garnish with artificial pine sprigs. Serve with crackers. 1-1/2 cups.



1979 kraft, inc.

M-M-M-MERRY

A TRAYFUL OF WAYS TO USE KRAFT JAR CHEESE SPREADS

We blend the cheeses and other good things so you can go right to the fun part . . . spreading, slicing, dolloping and enticing your way through the holidays. How-to's are right here with a way to get a tray that makes serving as much fun as snacking.

Celery. Just stuff whole stalks as usual. Then press three together and chill. Just before serving, slice crosswise into ½-inch pieces. Merry Crispness.

Mushrooms. Simply delicious. Just fill caps with KRAFT Process Cheese Spread with Bacon and fill the tray. Or, first broil them until bubbly.



The Tray. It's hand-finished solid walnut, 12 inches wide with fold-flat handles. Only $9.95 with any two labels from KRAFT Jar Cheese Spreads. Who says there isn't a Santa Claus?

KRAFT © 1980 Kraft, Inc.

MUNCHING.

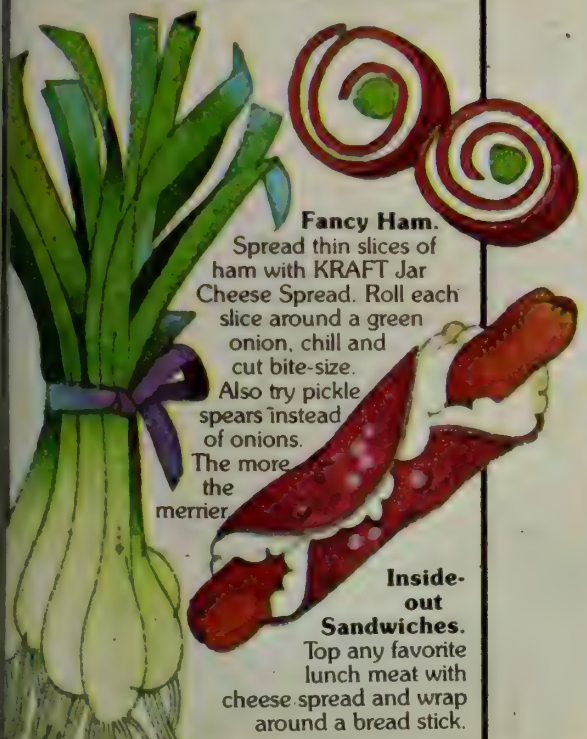
Fruit Dip. Blend *two* 5-oz. jars of our ROKA BLUE Brand Cheese Spread with 1 cup dairy sour cream. Chill. Dip in strawberries, fresh pineapple chunks, apple wedges and grapes.



Radish Flowers. Cut four or five thin slices into sides to form petals. Dollop center with cheese spread. Pretty tasty.



Ribbon Sandwiches. Trim crusts from slices of wheat and white bread. Spread with favorite cheese spread flavors. Alternate slices in triple decker sandwiches, cut each into eighths.



Fancy Ham. Spread thin slices of ham with KRAFT Jar Cheese Spread. Roll each slice around a green onion, chill and cut bite-size. Also try pickle spears instead of onions. The more the merrier.

Inside-out Sandwiches. Top any favorite lunch meat with cheese spread and wrap around a bread stick.





Carrots. Dollop cheese spread along a crinkle cut carrot or fill centers of carrot curls. Try it with the pineapple flavor.

Crackers. The most traditional of nibbles. With a knife and a few jars of KRAFT Cheese Spread, it's a great season for traditions.





Zucchini. A fresh new crunch. Just slice zucchini diagonally, spread with cheese spread and deck them all with a little pimento.



Morning After. Even empty, our jars rise to the occasion. They're the perfect size for juice.



KRAFT

Mail to: KRAFT JAR CHEESE SPREAD TRAY OFFER.
P.O.Box 4464
Chicago, IL 60677

Please send me _____ walnut serving tray(s). For each tray, I enclose $9.95 in check or money order (no cash or stamps, please) and two back labels with UPC symbols from KRAFT Jar Cheese Spreads. (Soak jars in warm water 15 minutes to remove labels easily.)

Please send to:

NAME _____
(please print)

ADDRESS _____

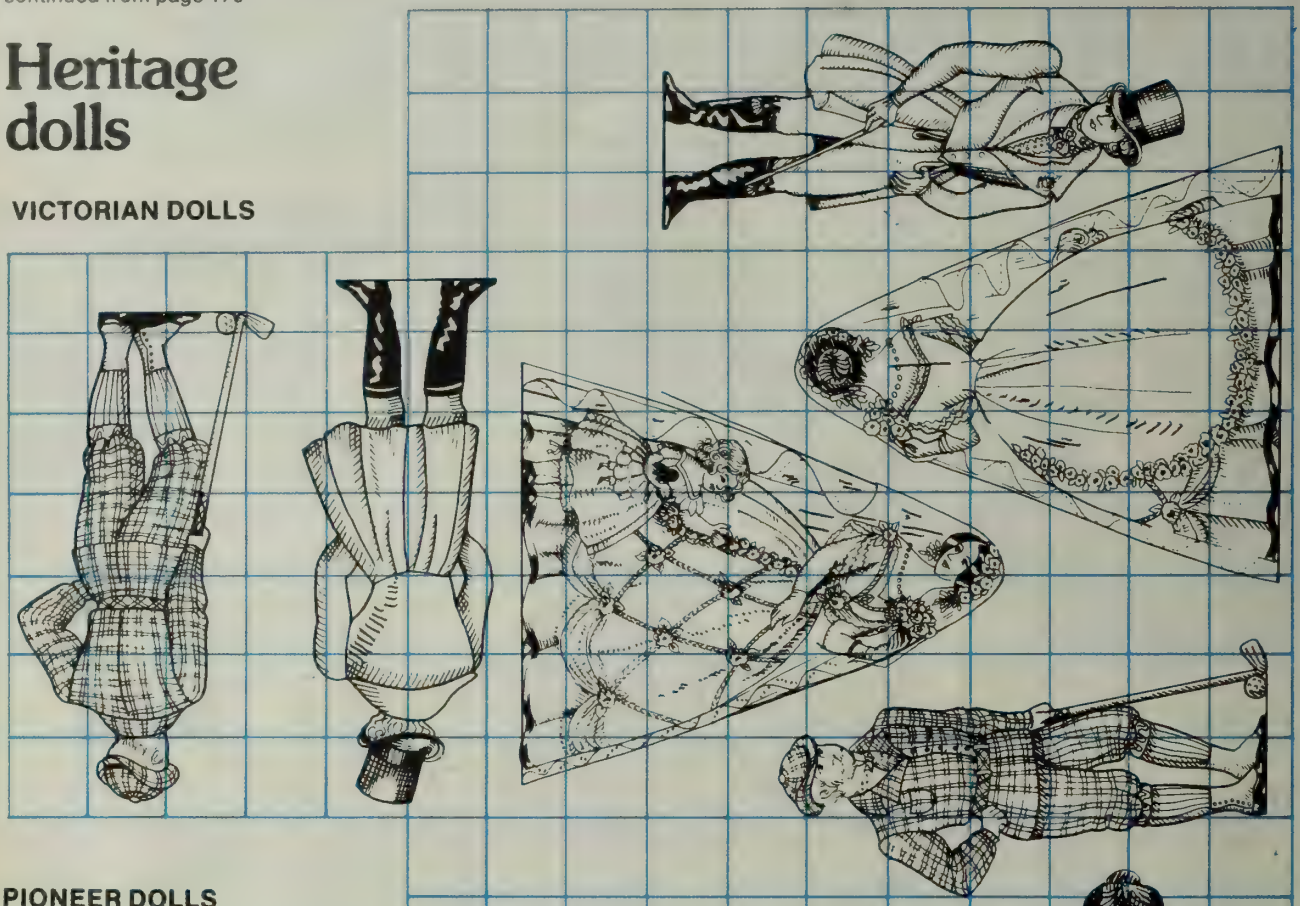
CITY _____ STATE _____ ZIP _____

(Offer expires June 30, 1981)
This offer good in U.S.A. and APO and FPO addresses only. Void where prohibited, licensed or otherwise restricted. Allow 4 to 6 weeks for delivery

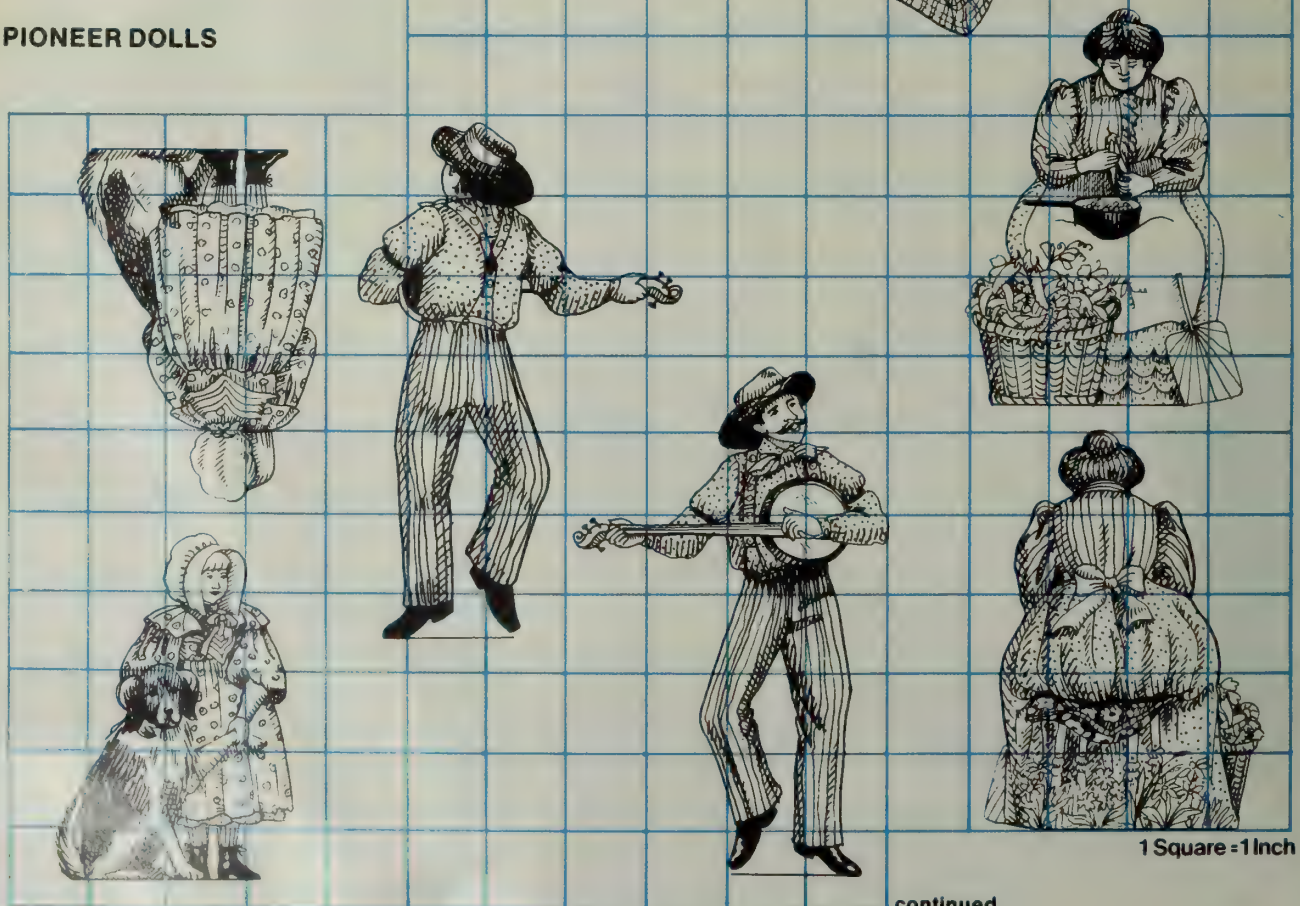
continued from page 170

Heritage dolls

VICTORIAN DOLLS



PIONEER DOLLS



1 Square = 1 Inch

continued

Get cooking with free apples when you buy Kraft jellies, ams and preserves.

ree apples. When you buy any 2 KRAFT Jellies, ams and Preserves, you can get $1.00 worth of pples—free. Look for the offer form at participat- g grocers.

RAFT Jellies, Jams and Preserves. You'll ve their natural fruit taste. Enjoy the delicious lavor in a variety of tasty recipes. Like the pectacular High-Rise Apple Pancake opped off with KRAFT Strawberry Preserves. 's an extra special treat the whole family will njoy.

tevere Ware® Copper Pan. The Revere Vare 8" Copper Saute Pan, perfect for the ligh-Rise Apple Pancake is yours for just $24.95 (suggested list price $45.00). It's crafted of beautiful solid copper outside, stainless steel inside and solid brass handle. To order, use the form at right.

Save
$20.00 on this
Revere Ware® Copper Pan.

Send to:
Kraft/Revere Ware Offer
P.O. Box 1138 · Highland Park, Illinois 60035

Please send me ____ sauté pans. I enclose $24.95 for each pan in check or money order (no cash or stamps, please).

Paul Revere

Name _____
(Please Print)

Address _____

City _____ State _____ Zip _____

Offer expires May 31, 1981. Please allow 4-6 weeks for delivery. This offer good in geographic area of U.S.A. and APO and FPO addresses only. Void in Puerto Rico. Void where prohibited, licensed or otherwise restricted.



High-Rise Apple Pancake

¼ cup PARKAY Margarine
6 cups peeled apple slices
¼ cup sugar
½ teaspoon cinnamon
* * *
2 eggs, slightly beaten
½ cup flour
½ cup milk
¼ teaspoon salt
1 tablespoon PARKAY Margarine
KRAFT Strawberry Preserves

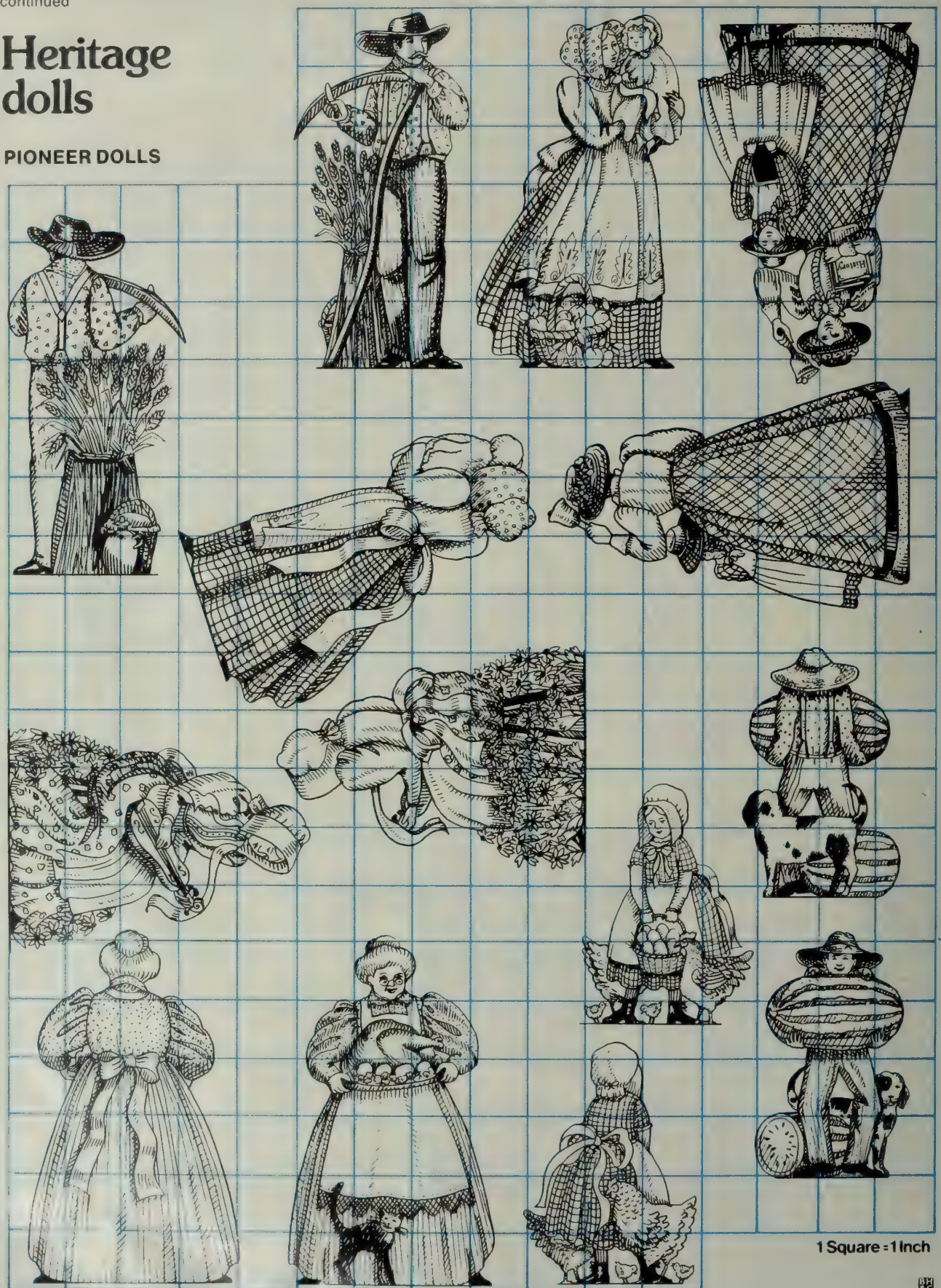
Melt margarine in large skillet over low heat. Add combined apples, sugar and cinnamon; cook until apples are tender. Combine eggs, flour, milk and salt; beat until smooth. Heat oven-proof 8-inch skillet in 450° oven until very hot. Coat skillet with margarine, immediately pour in batter. Bake on lowest rack in oven at 450° 10 minutes. Reduce heat to 350°; continue baking 10 minutes or until golden brown. Fill with apple mixture; top with preserves. Serve immediately. 4 to 6 servings

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continued

Heritage dolls

PIONEER DOLLS



1 Square = 1 Inch



We put in cream but kept it lean!

Believe it! Light n' Lively process cheese product has a touch of cream – and still only half the fat.

So enjoy its all-American cheese flavor on salads, sandwiches, or for snacking. Try Light n' Lively process cheese product from Kraft, and taste the difference a little cream makes.

Light n' Lively
The Lean American

Available in 8 and 16-slice packages.

Imagine!
All you do is
fill and bake-
with Pet-Ritz®
Pie Shells!

2 Pet·Ritz
DEEP DISH
Pie Crust Shells
in Deep 9-inch pie pans
ready to fill and bake!
that famous Pet Ritz crust
tender and flaky as the finest homemade!

PET
An IC Industries Company
Frozen
Foods
Division



What If Your Child Won't Try New Foods?

According to the experts, a healthful diet is a varied diet. But what can you do if your child is stuck on peanut butter and jelly sandwiches and says "I don't like it" before tasting something new? Here are a few ways you can help your child try, and even like, a healthful variety of foods.

- First, set a good example. Kids are great imitators, and if you react favorably to a food, there's a good chance your child will, too.
- *Gradually* introduce your child to foods with new flavors and textures. Offer one new food at a time, and only when your child is hungry, in good health, and in good spirits.
- Keep in mind the kinds of foods kids like best—mildly seasoned, soft-textured foods are generally most popular.
- Also remember that kids like to eat foods they can pick up with their hands. Try rolling out refrigerated biscuits as bases for pint-size pizzas, or stuffing small pita bread rounds with healthful sandwich ingredients.
- Appearance is very important to children, so serve foods with contrasting colors and shapes. And add a tempting garnish—it requires extra time, but it's usually worth the effort. To make salads inviting, garnish them with faces or flowers made from cut-up vegetables. Give vegetables pizzazz with a topping of pastry cutouts.
- Get your child in on the cooking act—even if his or her "help" seems like a hindrance. Usually children will at least try foods they have had a hand in preparing.
- If your child rejects a new food, don't go into a decline. Just accept the verdict matter-of-factly, then offer the food another time. If your child continues to reject it, it may be time to try a suitable substitute. Or, check your cook books—you may be able to sneak certain foods into soups, casseroles, or even desserts.



Maybe We Should eal Grey Poupon. With A Cork.

Uncork the flavor of Grey Poupon, the Dijon mustard de in the original French style with fine white wine. d discover how the distinctive taste of Grey Poupon nances your favorite foods. No wonder you'll even find ey Poupon served in the finest restaurants. joy it as one of life's finer pleasures.

Save 12¢ on Grey Poupon®



NOTICE TO DEALER. You are authorized to act as our agent for the redemption of this coupon in accordance with the terms thereof. We will reimburse you for the face amount of the coupon or if the coupon calls for free goods we will reimburse you for such free goods plus 7¢ per coupon for handling provided you and the consumer have complied with the terms of this offer. Presentation for redemption without such compliance constitutes fraud. Invoices proving purchases of sufficient stock of this brand(s) to cover coupons presented for redemption must be shown upon request and failure to do so will at our option void all coupons submitted for redemption for which such proof is not shown. This coupon is non transferable and good only on brand(s) specified. Coupons will not be honored and will be void if presented through outside agencies, brokers, or others who are not retail distributors of our merchandise unless specifically authorized by us to present coupons for redemption. Consumer must pay any sales tax. Coupon void, if use is prohibited, restricted or taxed. Coupons may be mailed to **HEUBLEIN, INC., P.O. Box 1338, CLINTON, IOWA 52734**

Offer expires Nov. 30, 1981 Cash Value 1/20 of 1¢

STORE COUPON

54400 100886

12¢ 12¢

begins on page 116

Nature projects

LEAF COLLECTORS' BOOKS

Cut a piece of construction paper either the same size or slightly smaller than the front of the notebook you want to cover. Then glue the leaves onto the paper with small dabs of white glue or rubber cement. It's a good idea to arrange all the leaves before you start to glue. When the leaves are in place, glue the construction paper to the notebook. If you like, you can use a second piece of construction paper slightly larger than the first to frame your arrangement. After the paper is fastened to the notebook, cut a piece of clear adhesive vinyl large enough to wrap all the way around the notebook. Gently press the vinyl into place, removing all the air bubbles as you work.

A COLORFUL CATCHALL

Coat an area of the container to be covered with a wash of gel medium. Then coat the back of a leaf with the gel and press it gently onto the surface of the container. Continue coating and pressing leaves until they're all in place. For best results, position the leaves so they overlap slightly. Let the leaves dry for a few minutes and press them again with a slightly damp sponge to remove any excess gel. Snip off any leaf edges that overlap the top or bottom of the container. Then, gently pat the surface dry with a paper towel. When the leaves are dry, cover the container with a layer of clear adhesive vinyl.

MATCH-AND-LEARN GAME

First, collect two samples each of six different kinds of leaves. Then, make a pair of crayon rubbings for each type of leaf. To make a crayon rubbing, lay a leaf, vein side up, on a clean sheet of newspaper. Then, cover it with a clean piece of white paper (soft watercolor paper is best, but typing paper, newsprint, or even tracing paper also will work). Hold the leaf and paper firmly in place with one hand, and rub a crayon back and forth across the paper over the leaf. In a short time, you should have a perfect leaf image.

Mount the rubbings on rectangles of construction paper or poster board. One set of rubbings will be the game cards. Mount the other set of rubbings on a larger sheet of cardboard or poster board to form the playing board.

WORK-OF-ART LEAVES

Remove the glass from a picture frame and buy a second piece of glass cut the same size. Clean both pieces of glass and hinge them together on one side with a length of strong tape. Next, lift up the top piece of glass and arrange the leaves faceup on the bottom piece of glass. Use a small piece of sticky tape to lift the glass, so you don't have to handle sharp edges. For best results, be sure to leave at least a ½-inch margin between the leaves and the edges of the glass. When the leaves are arranged, gently lower the top piece of glass back in place. Then tape all four sides together with colored strips of plastic tape. Slip the completed project into the picture frame and secure with more tape and nails. Add screw eyes and hang the framed leaves in a window with clear fishing line.

HAND-PAINTED T-SHIRT

Spread a washed, preshrunk T-shirt over several layers of clean newspapers. Then, stuff the inside of the T-shirt with pieces of flat newsprint so paint won't soak through to the back of the shirt while you're printing. Place a leaf, vein side up, on another stack of clean newspapers and paint the leaf with fabric paint. Be sure to cover the entire leaf, but try not to put the paint on too thick or your finished print may look smudgy. When the leaf is covered, turn it paint side down onto the front of the T-shirt. Cover the leaf with a single sheet of clean newspaper and gently move a roller back and forth over the leaf two or three times. Pick up the newspaper and discard it, then gently remove the leaf. Green leaves work just as well as dried ones and often can be used again for repeat images. To make the image permanent, press the T-shirt with a warm iron after the paint dries. Cotton or other natural fiber T-shirts work best.

Use this guide to help identify the leaves found on your leaf-gathering expeditions.

Sycamore—The sycamore produces leaves (*top right*) that look like large maple leaves. Mature leaves may measure 12 inches in diameter.



Tulip tree—The tulip tree or yellow poplar produces a bright green, blunt, maplelike leaf. This tree is found mainly in the southern parts of the United States.



Maple—There are five major kinds of maples: silver, sugar, Norway, black, and red. All produce star-shaped leaves that are easy to identify.



continued

Open Hearth Savings

ears Super Values
Sale
October 26-November 22, 1980

Save $300* each

on 4-pc. Bedroom set or on 7-pc. Dining Room set

The sturdy comfort of Open Hearth—now at not-to-be missed sale prices. Each piece is crafted of white pine or select white pine veneer. Brought to a satiny glow by 26 separate finishing steps like handrubbing, antiquing and highlighting. The result is Sears assurance of fine quality furniture, reasonably priced. All in the Open Hearth style that has become an American favorite.

Save $300* on 4-pc. Bedroom
Only $799.88 for the full/queen headboard, triple dresser, hutch-mirror and chest. Regularly $1,099.95.

Save $300*on7-pc. Dining Room
Save $150* on table with sturdy 1¾ inch thick top, with select white pine veneer. Two 10-inch leaves. Four side chairs with saddle-shaped seats of solid pine. Now $599.88. **Save $150*** on china base and deck, too. China base has brass-plated pulls and knobs. Deck comes with adjustable shelf and plate grooves.

Save $20* on matching wood lamp
Base is hand-rubbed solid pine with antiqued brass-plated accents. Save $20* on table lamp, now only $59.99.

Save $15* on Federalist dinnerware. Only $59.99
Authentic white ironstone—a full 46-piece set. Oven resistant and freezer resistant. Safe enough for dishwasher and microwave oven, too. Service for 8, plus platter, 2 bowls, creamer and 2-pc. sugar.

**These are the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.*

Sears

Where America shops for Value

©Sears Roebuck and Co. 1980





Save $150* on Sears sturdy Open Hearth family room sofa *Now $299.88*

Here's a cozy family room sofa made to stand the test of time—Open Hearth. Sturdily crafted of kiln-dried pine and select hardwoods. Double dowelled for strength. With nylon cushions five inches deep—treated with SCOTCHGARD® Brand Fabric Protector to help resist stains. Now just $299.88—you save $150.*

Save on matching pieces. Put together your entire family room and save on these matching Open Hearth pieces—demi, chair, ottoman, cocktail table, end table and sofa table.

Save $20* on matching wood lamp. Table lamp base is hand-rubbed solid pine. Antiqued brass-plated accents. Only $59.99. Other Open Hearth lamps on sale, too.

**This is the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.*

Sears

Where America shops for Value

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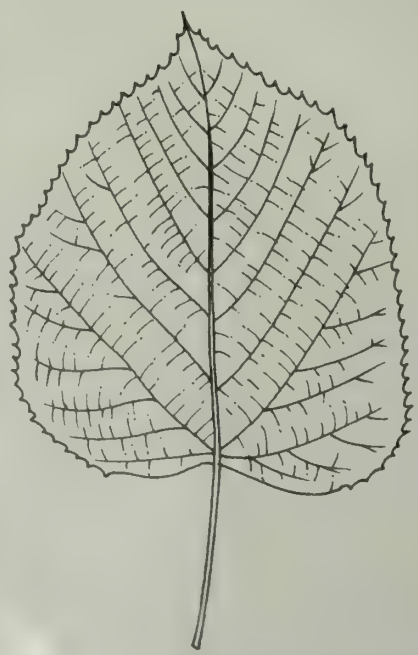
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Nature projects

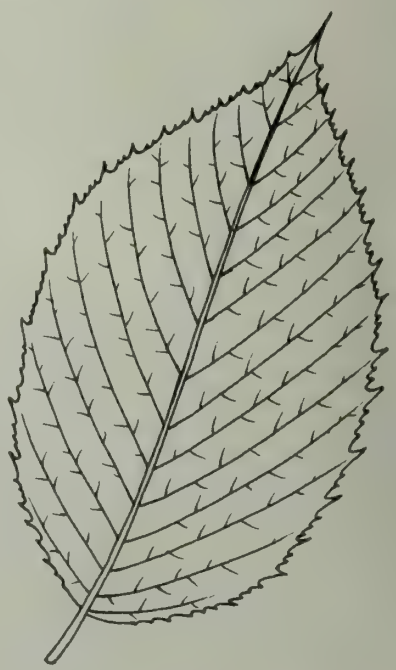
Gingko—Since gingkos are not native to this country, they are most commonly found planted along city streets and in parks. The gingko's leaves are fan-shaped and are about three inches wide.



Basswood—Basswood trees have large, almost round leaves with a point on one end. The leaves have rough edges and may grow four or five inches in diameter. Basswood trees are also known as linden trees.



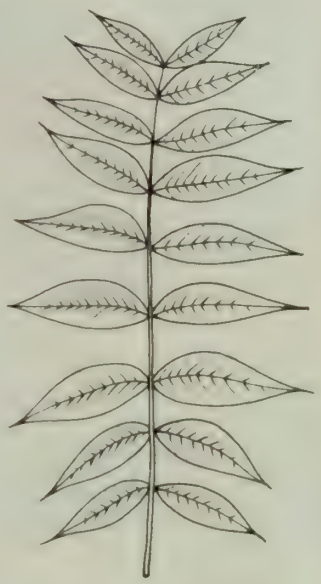
Elm—Elm trees produce oval leaves that are pointed on one end. The leaves are uneven at the base and have ragged edges.



Willow—Willow trees have long slender leaves that are easy to recognize. Mature leaves may reach four inches in length.



Walnut—Walnut leaves have very long stems with pairs of small leaflets along each side. Unlike ash leaves, walnut leaves do not have a leaflet on the tip of the stem.



Horse chestnut—A single horse chestnut leaf is divided into five or seven smaller leaflets that are arranged in a circle around the leaf stem. Mature leaves may measure eight to ten inches in diameter.



continued

Sturdy country comfort from Sears

Save $100* on Ashcroft Country American sofa

Now only $399.88

Durability and comfort—the Sears Ashcroft II sofa gives you both. With a sturdy dowelled and glued wood frame. Invitingly comfortable quilted seat cushions, tufted back and arm pillows. Covered in 100% Antron® nylon flocked floral velvet. Treated with SCOTCHGARD® Brand Fabric Protector to resist stains. Now just $399.88. Also available as a sofa sleeper. Now $499.88—you save $100.*

Save on matching pieces, too. Save $10* on cocktail and matching end tables. Floral ottoman, chair and recliner are on sale, too.

Save $10* on brass lamp. Antiqued brass-plated table lamp with textured fabric on vinyl shade. Now only $34.99.

** This is the maximum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.*

Sears

Where America shops for Value

© Sears, Roebuck and Co. 1980



Sears Super Values
Sale
October 26-December 10, 1980

Save $20*-30* on Sears Swivel Rockers

$149.88 can buy a lot of comfort at Sears. Because right now that's all you pay for a comfy Andrea II swivel rocker—at $20* savings. It's plush rayon velvet treated with SCOTCHGARD® Brand Fabric Protector to help resist soil and stains.

Save $30* on fan-backed and high-backed styles.

Fan-backed Tinley and high-backed Gilcrest are both 100% nylon velvet. Treated with SCOTCHGARD® Brand Fabric Protector, too. The seat cushion is reversible for long wear. And the coil base construction is designed for firm, even support and comfort. Now sale-priced at $199.88.

*These are the minimum savings nationally. Regular prices vary in some markets. Available in additional colors at most larger Sears retail stores. Prices and dates may vary in Alaska and Hawaii.

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continued

Nature projects

Locust—Locust tree leaves are made up of many pairs of small leaflets. In fact, there are so many small leaflets that each leaf resembles a large fern frond.



Ash—Each ash leaf is composed of several smaller leaflets arranged in pairs along the leaf's stem. One slightly larger leaflet always grows at the tip of the stem.



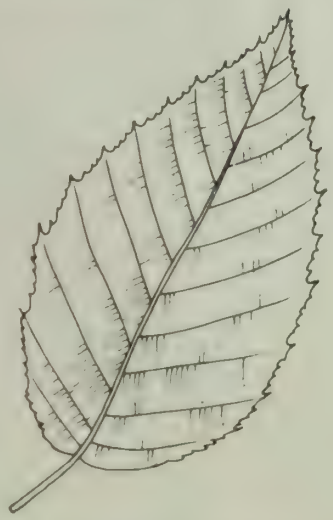
Oak—Oak trees produce bright green lobed leaves. Some species of oak native to the southern United States have unlobed leaves.



Sassafras—The low-growing, aromatic, shrublike sassafras tree produces a leaf that resembles the foot of a goose. This tree is most commonly seen in wooded regions of the South.



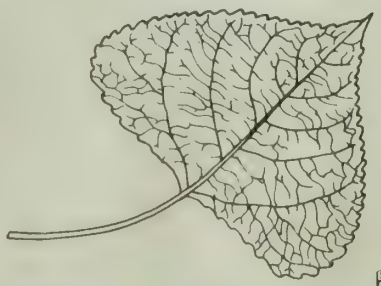
Birch—Birch trees produce leaves that look a lot like elm leaves. But birch leaves are even at the base, and elm leaves are uneven.



Sweetgum—The star-shaped leaf of the sweetgum (*top right*) is easy to recognize. The sweetgum tree is found mainly in the southern parts of the United States.



Poplars—The poplar family includes poplars, cottonwoods, and aspens. All have triangular leaves; their size may differ from species to species. Several species produce leaves with silver or gray undersides.





Sears Super Values
Sale
October 26-December 10, 1980

Save $50* on Sears Wall Hugger®

$179.88—one low price, in your choice of 3 different fabrics. Now the Wall Hugger® easy chair goes easy on your budget. And its space-saving feature lets you position it within inches of the wall—even when fully reclined. Rust-colored 100% nylon velvet, treated with SCOTCHGARD® Brand Fabric Protector. Hardwood frame in high stress areas.

Save $50* on tweed and vinyl recliners. Tweed is Herculon® olefin in earthtone colors, treated with SCOTCHGARD® Brand Fabric Protector. Easy-to-clean vinyl comes in rich brown.

**This is the minimum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.*

Sears

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Sale
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Plush collection. Dense 42-oz. pile of 100% nylon for durability a
long-lasting good looks. Treated with SCOTCHGARD™ Brand Carp
Protector to help resist dirt and stains while helping reduce stat
electricity. Choose from 14 solid colors.

Sears backs every carpet (in 41 styles and over 500 colors) wi
the Label of Confidence: your assurance of exact fiber content, thi
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markets. Prices and dates may vary in Alaska and Hawaii. Available
most larger Sears retail stores.

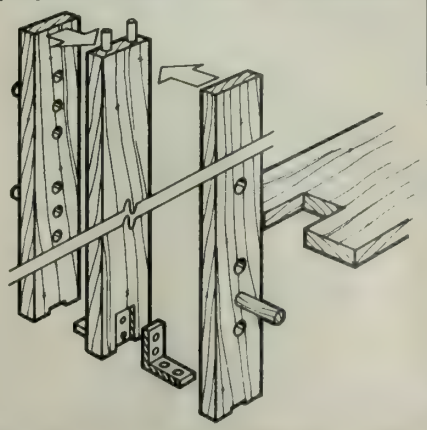
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DECORATING

Entryway Storage Projects

The custom-designed storage shelves and umbrella bench shown in the split-level entryway on page 121 provide plenty of stashing room in pocket-size space. To make the projects, follow these instructions.



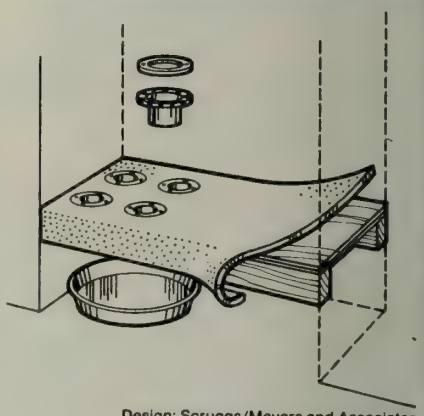
The floor-to-ceiling storage unit is constructed of two uprights with dowels and cut-to-fit shelves.

To make each upright, you'll need three cut-to-fit ⅞-inch oak boards. Secure one board to the ceiling with two dowels and to the floor with two metal angles. Mortise the angles so they're flush with the upright. Next, notch the remaining two boards at the bottom to clear the angles. Glue and nail these sections on each side of the installed upright. Drill holes into the boards to accept ¾-inch dowels.

After both uprights are installed, make cut-to-fit shelves of ¾-inch oak. Notch the center end of each shelf to fit around the uprights and rest on the dowels. Stain and varnish the unit.

The umbrella bench is simply a carpet-covered shelf that's built into a recessed wall niche. Metal tubes are installed in the bench to hold umbrellas.

Construct the bench by nailing a cut-to-fit ¾-inch plywood plank to two cut-to-fit ¾-inch pine boards as shown. Cut four holes in the top of the bench to accept four-inch-diameter dryer ducting. Secure the unit by nailing it to wall studs or using angle brackets.



Design: Scruggs/Meyers and Associates
Drawings: Picard Didier, Inc.

Then cover the bench with a cut-to-fit piece of carpet, using carpet cement to secure the covering.

To make the metal tubes, cut four six-inch-long pieces of dryer ducting. Cut "tabs" around the top of each piece by snipping ½ inch down from the top of the tubes; bend the "tabs" out. Place the tubes in the precut holes; cover the exposed tube tops with plastic flanges. Finally, place a pan on the floor to catch drips.



Front—Sears-O-Pedic Elegance/Back—Sears Luxury

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mattress or boxspring

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The polymeric foam construction: A full 6½ inches of durable foam for cushiony comfort and firm support.

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Like this Omni 105.™ It throws a tremendous amount of heat for a few cents worth of kerosene. Without smoke. Without odor. Without worry. (It's U.L. listed.)

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Universal Energy Savers
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Antioch
Ace Hardware
1841 A St.

Aptos
Aptos Hardware
7765 Soquel Drive

Auburn
Miley's Ace Hardware
1449 Grass Valley Hwy.

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Carlmont Ace Hardware
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Redding
Valley Supply
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Richmond
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231-24th St.

Rocklin
Sierra Wholesale
4765 Pacific St.

St. Helena
Lincoln Farm Equipment
1151 Vintage Ave.

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Sherwood Sports Shop
969 N. Main St.
Valley Center Hardware
820 S. Main St.

San Andreas
Treat's General Store
197 St. Charles St.

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United Airlines Employees
Store
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Big Basin Way

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Ukiah
Ukiah Power Tool
& Equipment
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Walnut Creek
Thousand Oaks Hardware
2719 Ygnacia Valley Creek

Watsonville
Zenker's Ace Hardware
317 Main St.

Woodside
Robert's Hardware
3052 Woodside

Yuba City
Chas. C. Meek Lumber
1232 Colusa Ave.

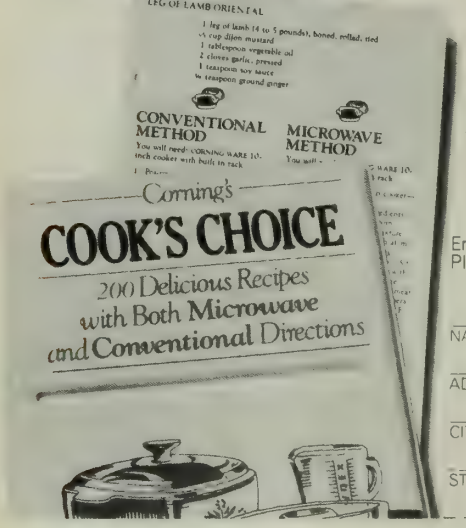
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DECORATING

Down-to-Earth Decorating

If your decorating tastes lean toward things natural and unpretentious, you'll like the ideas found in these two rooms. Both get their visual impact not from strong color and pattern, but from the juxtaposition of contrasting textures and materials.



Photograph: John Rogers. Design: Jeannine Bazar, ASID
Field editors: B. Sims/L. Magazzine

Redwood paneling applied on the bias sets off the textural treatment of this study area. Taking the place of curtains are two handmade Navaho rugs that have been framed like artwork and hung on the wall. More textural contrast is provided by the nubby area rug on the polished floor.



Photograph: Ernest Braun. Design: Bruce Rahm
Field editor: Helen Heitkamp

Everything you see in this delightful guest room/home office invites you to reach out and touch it. The diversity of pleasing-to-the-senses materials—wicker, bamboo, chrome, and wood—is what gives the room its allure.

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DECORATING

Offbeat End Tables

Look around, and you may happen upon a novel end table in your attic or at a secondhand shop or neighborhood garage sale. Here, an old-fashioned step stool and stepladder do sofa-side service.



Photographs: Semarco, Inc. Design: Elaine Lorillard
Field editor: Estelle Bond Guralnick

▲ Although designed for the library, this old-timey step stool proves equally handy in the living room. The steps offer tiered resting spots for books, bibelots, and potted plants. Snuggled up to the sofa, the stool adds decorative charm to the setting without gobbling up visual space.



Design: John D. Bloodgood

▲ This sturdy old oak stepladder came out of the kitchen to act as a distinctive end table in the family room. When it's not holding a coffee cup, the ladder can be moved to provide an extra seating spot. Or, when floor space is at a premium, the stepladder-turned-table can be folded up and tucked neatly away. BH&G

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STORE COUPON BP-121

A Bump-Out Bath

One of the advantages of building a bump-out addition is that the existing overhang of your house often can serve as the new roof. And if you only need to expand one room, adding a small bump-out would be more economical than moving an entire wall.

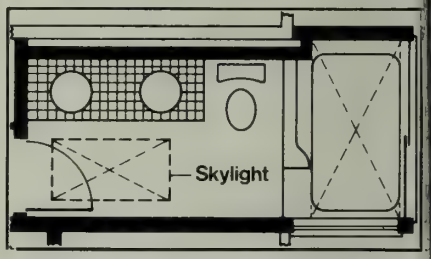
This 6x4-foot bump-out was added to an existing bath and set below the level of the bathroom floor. Since the addition was tucked under the roof, few structural changes were needed. The wall behind the vanity was furred out so the new plumbing lines could be run to the "outside" tub-shower.

In the daytime, the glass roof of the lowered tub becomes a skylight for the rest of the bath (there is an additional skylight in the bathroom). With its glass walls, roof, and private fenced garden, this tub-shower is an absolute delight. And the back glass wall is a sliding window, excellent for ventilation.

A wall-length mirror is mounted behind the vanity, creating an illusion of more space. The mirror sits on a deep shelf atop an extra-wide wall that was expanded to accommodate new plumbing lines. Ceramic tile is used throughout as a counter top, wall covering, and the inner surface of the sunken tub. The wall divider provides privacy for the bather and allows the room to serve two functions at once.



Photographs: Fred Lyon
Architect: Robert H. Stoecker, AIA





Interior designer: Susan Tyson
Field editor: Barbara Cathcart

"I didn't think that a couple of drinks on top of my medication could be a problem."

Drinking and driving don't mix. Drinking and certain medications don't mix either. Alcohol depresses your brain function. It interferes with alertness, coordination and breathing, and may cause blurring of vision. Some medications increase the effects of alcohol. So, when your doctor gives you a prescription, make sure you ask him if you can drink.

Mixing medicines and alcohol or other drugs on your own can be asking for trouble.

"And I'm old enough to know better."

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Ask it to tell you what it's doing. GE electronics make this dishwasher smart enough to tell you if certain things have gone wrong (like a household power failure or a plugged drain), and if you can fix it yourself. That can save on unnecessary service calls.

This dishwasher also shows you how many minutes to the end of the washing cycle. You'll always know when your dishes will be clean.

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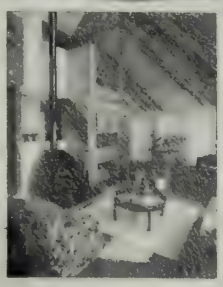
before you build . . .



Passive solar in action — Tour our cover house, p. 64

The sun CAN help reduce your home's energy needs

Wood heat — How to use it effectively



Earth-sheltered solar homes — Two that work

A solar house in the city taps the sun for energy savings —see p. 53

Saving space in the kitchen— Helpful ideas begin on p. 64

Plus, plain talk about solar

Pick up your copy of BUILDING IDEAS at your newsstand now!

from Better Homes and Gardens®

FOOD

Homemade Bread for Snacking

Keep Sunflower Seed Squares on hand so you'll have something wholesome to nibble when the between-meal hungries strike.



Photograph: Deiter

SUNFLOWER SEED SQUARES

Instead of the usual loaf pan, you spread this batter in a jelly-roll pan and cut the baked bread in squares—

2 cups all-purpose flour
1 package active dry yeast
3 tablespoons wheat germ
½ cup butter or margarine
1 tablespoon honey
1 teaspoon salt
1 egg
1 cup whole wheat flour
½ cup shelled sunflower seeds
½ cup chopped walnuts

In large mixer bowl combine *1½ cups* of the all-purpose flour, the yeast, and wheat germ. In saucepan heat *1¼ cups water,* butter or margarine, honey, and salt just till warm (115° to 120°), stirring till butter almost melts. Add to dry mixture in mixer bowl; add egg. Beat at low speed of electric mixer ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in the remaining all-purpose flour, the whole wheat flour, and *half* of the sunflower seeds and walnuts. Cover; let rise in warm place 30 to 45 minutes or till double. Stir batter down. Spread evenly in a greased 15x10x1-inch baking pan. Sprinkle with remaining sunflower seeds and nuts; press into batter lightly with hands. Cover; let rise in warm place till double. Bake in 400° oven for 30 minutes. Cool on wire rack. Cut in squares. Makes 36 squares.



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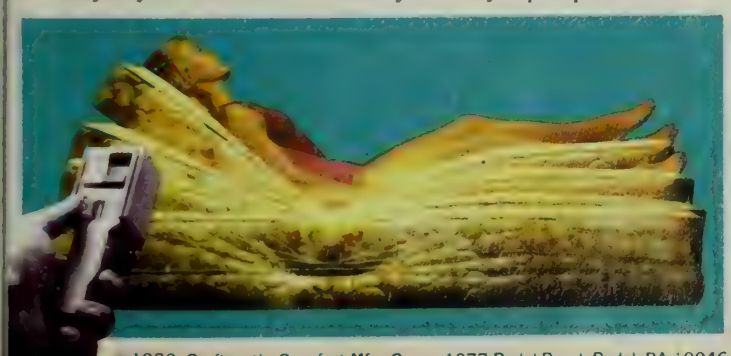
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- Helps induce refreshing, welcome sleep.



FREE BOOKLET *. . . call or mail the postage-paid card today.*

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A Garage-Family Room Merger

Do you need a bigger family room more than you need your garage? The owners of this house decided they did, so they enclosed their two-car garage, knocked out the wall that it shared with the family room, and nearly tripled the size of the original 19x12-foot room. The fact that the roof and walls were already constructed saved the owners a lot of expense and exterior work and let them focus on the interior.

The front wall of the new 19x34-foot family room is lined with cabinets *(right)* that were custom-built to house the television, stereo components, and records. The cabinets keep the equipment out of sight but easily accessible. Two window seats with storage below complete the wall of cabinets.

The flooring is oak and the new walls and ceiling are drywall accented with traditional molding.

The fireplace in the original family room remains intact, but the cabinet built next to it is new. Recessed ceiling spots above the fireplace and love seat also were added.







Photographs: E. Alan McGee. Designer: Vince Kauffman. Field editor: Ruth Reiter



Originally sliding glass doors led from the den to the screened porch (not shown in the photo). The owners replaced the doors with a double-glazed French door.

What was the garage-door opening is now a solid brick wall with two double-hung windows. All of the new windows are double-insulated glass with removable mullions for easy maintenance. The windows were left undraped to display the attractive trim.

Deli-Men Know.



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Oroweat Schwarzwälder Dark Rye. Now *you* know what deli-men know.

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THINK OROWEAT®

Try Oroweat® Dill Rye and Russian Rye....just two of the many delicious Oroweat Rye varieties.

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Delicious Daiquiri Variations

Pick your favorite fruit and turn it into a daiquiri! Regardless of your choice, you can make it lickety-split with these easy blender recipes. Start with our four fruit variations, then create some of your own.



Photograph: Dieter

APPLE DAIQUIRIS

To give your daiquiris a rosy glow, tint the fruit mixture with a little grenadine syrup—

1 6-ounce can frozen apple cider concentrate
⅔ cup light rum
2 tablespoons lime juice
¼ teaspoon ground cinnamon
2 medium apples, peeled, cored, and cut up

• • •

Ice cubes

In blender container combine apple cider concentrate, light rum, lime juice, and ground cinnamon. Add apple pieces. Cover and blend till smooth.

Add ice cubes to blender container, one at a time, to make about 5 cups of slushy mixture. (If mixture becomes too thick before making 5 cups, add a little water.) If desired, garnish each serving with a sprig of fresh mint or an apple slice. Makes 4 to 6 servings.

THREE-WAY DAIQUIRIS

To make frozen daiquiris, freeze the fruit mixture in storage containers. Then stir mixture before serving—

1 10-ounce package frozen sliced strawberries, broken up
¾ cup light rum
½ cup frozen lemonade concentrate

• • •

Ice cubes

In blender container combine strawberries, rum, and lemonade concentrate; cover and blend till smooth.

Add ice cubes to blender container, one at a time, to make about 5 cups of slushy mixture. (If mixture becomes too thick before making 5 cups, add a little water.) If desired, garnish each serving with a fresh strawberry or lemon slice. Makes 4 to 6 servings.

Peach Daiquiris: Follow recipe above *except* use frozen *pink lemonade concentrate* and substitute one 16-ounce package frozen *unsweetened sliced peaches* and ⅓ cup sifted *powdered sugar* in place of the strawberries. Garnish with a fresh peach slice, if desired.

Pineapple-Orange Daiquiris: Follow recipe above *except* use *pineapple-orange concentrate* in place of the *lemonade* and substitute one 8-ounce can *crushed pineapple* in place of the strawberries. Garnish with an orange slice, if desired.



Bumble Bee®Tuna packed in water has 50% less calories than regular tuna packed in oil. That can make a big difference, especially if you're watching your weight.

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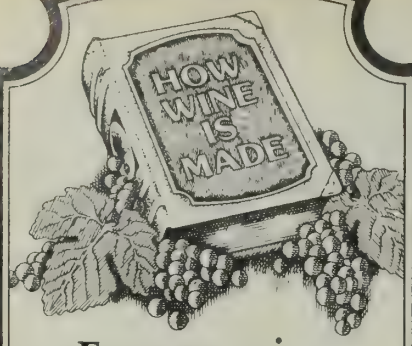


Rich, rich Yuban® coffee. Yuban ground coffee is made from a special blend of 100% Colombian beans. The first cup is so enjoyable, you'll love seconds. That pleasure also goes for Yuban instant with its rich special blend. You'll have another cup? Mmm, of course.

Yuban. Richness worth a second cup.

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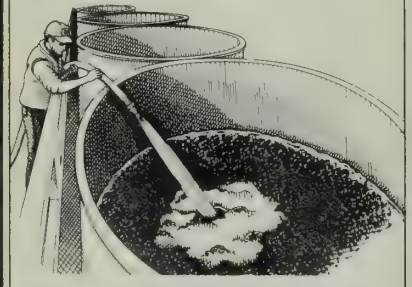
Fermentation

12

The fermentation techniques used to transform grapes into red or white wines are distinctly different.

Once crushed, white wine grapes are pumped immediately into temperature controlled, closed stainless steel tanks where the skins and juice remain in contact for several hours. The juice is then moved to a similar tank, the temperature is lowered to between 50° and 60°F. and selected yeast is added. Over the next two to three weeks the yeast consumes the natural grape sugar creating alcohol and changing many elements in the juice.

In contrast, our red wine grapes are pumped directly to an open fermentation vat after crushing. Yeast is added and fermentation proceeds at temperatures ranging between 75° and 85°F. The skins



rise to the top and form a nearly solid "cap" above the juice. Since these skins are the source of all the color and much of the character of the wine, the juice must be "pumped over" (circulated through the cap with a high pressure hose) to extract these desired qualities. Fermentation is completed in five to seven days.



Please write for our free monthly newsletter.

Sam J. Sebastiani

Sam J. Sebastian

Sebastiani
VINEYARDS
EST. 1825

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H12

Hot Appetizer Ideas

When you want to serve your guests something different—but you don't want to go to a lot of trouble—try one of these hot appetizers. Purchased wonton skins simplify the elegant Crab-Filled Wontons. Convenient refrigerated crescent rolls form the flaky crust for the Fruited Chicken Pie so there's no messy rolling.





Photographs: Dieter

CRAB-FILLED WONTONS

You can usually find wonton skins in the produce section of large grocery stores or Oriental food stores—

1 3-ounce package cream cheese, softened
2 teaspoons lemon juice
1 teaspoon Worcestershire sauce
Dash bottled hot pepper sauce
1 6-ounce package frozen crab meat, thawed, finely flaked, and cartilage removed
3 tablespoons thinly sliced green onion
24 wonton skins
Cooking oil for deep-fat frying

In small mixer bowl combine cream cheese, lemon juice, Worcestershire sauce, and hot pepper sauce. Beat till smooth. Stir in crab meat and onion.

To fill wontons, position wonton skin with one point toward you. Spoon 1 teaspoonful of filling just off center, onto skin. Fold bottom point of wonton over the filling, tucking the point under the filling. Roll once to cover filling, leaving about 1 inch unrolled at the top of the skin. Moisten one side of the skin with water. Grasp each side of the skin; bring together and overlap. Press firmly to seal. Repeat with remaining skins and filling.

Fry wontons, a few at a time, in deep hot oil (365°) for 1 to 1½ minutes or till golden. Drain on paper toweling. Serve warm. Makes 24.

FRUITED CHICKEN PIE

1 package (8) refrigerated crescent rolls
1½ cups finely chopped cooked chicken
½ cup sliced pitted ripe olives
½ cup finely chopped celery
¼ cup finely chopped onion
⅓ cup dairy sour cream
½ teaspoon finely shredded orange peel
¼ teaspoon salt
Avocado slices
Lemon juice
Mandarin orange sections

Unroll crescent roll dough, separate into triangles. On a 12-inch ungreased pizza pan, evenly space the triangles in a spoke fashion, with the points toward the center, to form a circle. Press dough with fingers to seal seams. Bake in a 375° oven for 10 minutes.

Meanwhile, in small bowl combine chicken, olives, celery, and onion. In another small bowl combine sour cream, orange peel, and salt. Add to the chicken mixture; toss lightly to coat. Spread the chicken mixture on the prebaked crust. Bake 5 to 7 minutes or till heated through. Dip avocado slices in a mixture of lemon juice and a little water. Arrange avocado slices and mandarin orange sections atop the chicken mixture. Cut into wedges to serve. Serve hot. Makes 12 appetizer servings.

From our Private Collection



A fresh look at some of your favorite Christmas cookies. And one with a new twist.

Viennese Sugar Twists

cup C and H Granulated Sugar
3/4 cup (1 1/2 sticks) butter
egg
egg yolk
teaspoon vanilla
1/4 teaspoon salt
2 cups all-purpose flour
cup finely ground blanched almonds
C and H Granulated Sugar

Cream together sugar, butter, egg and egg yolk. Beat in vanilla and salt. Stir in flour until well blended. Mix in almonds. Dough will be stiff. Break off about a tablespoon of dough. Roll on lightly floured board to 10 inches long and pencil thin (about 1/4 inch). Shape into pretzel. Bake on greased cookie sheet in 350 degree oven 10 to 12 minutes. Sprinkle with granulated sugar. Makes about 3 1/2 dozen.

Golden Thumbprints

1/3 cup C and H Golden Brown Sugar, firmly packed
1/2 cup (1 stick) butter or margarine
1 egg, separated
1/2 teaspoon vanilla
1 cup all-purpose flour
1/4 teaspoon salt
3/4 cup finely chopped walnuts



Candied cherries, jelly or melted chocolate pieces

Cream together sugar, butter, egg yolk and vanilla. Stir in flour and salt. Roll into 1-inch balls. Dip into slightly beaten egg white and roll in nuts. Bake in 375 degree oven 5 minutes on ungreased baking sheet. Remove from oven. Quickly indent each cookie center with thumb. Bake 8 minutes longer. Cool. Fill thumbprints with 1/2 candied cherry, bit of jelly or chocolate. Makes about 2 1/2 dozen.

For recipes of additional holiday cookies and delicious candies, send a self-addressed stamped envelope to: "Sweet Occasions," C and H Sugar Kitchens, 1 California Street, San Francisco, CA 94106.

C and H Pure Cane Sugar from Hawaii

MJB. The only 15 minute brown rice.



Now MJB Quick Brown Rice gives you the delicious natural goodness of brown rice. In fifteen minutes. From start to finish. MJB Quick Brown Rice is a light brown rice that cooks up to a sweet nut-like flavor your whole family will enjoy. Perfect as a side-dish. Delightful as a savory casserole maker. MJB Quick Brown Rice. There's no other rice quite like it.



Try these other fine MJB Rices.

KITCHENS

A Multipurpose Laundry Room

When the McCulloughs built their new home, they located a versatile laundry-utility room adjacent to the front entry. The spacious room corrals everything from the washer and dryer to the family freezer, and serves as a distribution center for freshly laundered clothing.



Photographs: Ernest Braun. Field editor: Helen Heitkamp

The 11x14-foot room provides ample space for a complete laundry center—washer, dryer, soaking sink, and dirty-clothes bin—as well as a lift-top sewing console, a large freezer, the water heater and furnace, and a wealth of cabinets for storing home maintenance supplies. The clothes bin, a simple plywood box that slides out on heavy-duty



Architects: J. Carson Bowler/John Cook

drawer glides, *above,* is handy to both the washer and the flip-down top of the sewing console. Collected laundry goes from the bin to the console top for sorting, then directly to the washer.

Instead of installing street-facing windows, the McCulloughs used a series of skylights to fill the work area with plenty of natural light. To finish the room, the McCulloughs paneled the walls and ceiling with rough, knotty pine. On the floor, Mexican paver tiles provide a tough, low-maintenance surface.

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IZES: small (8-10), medium (12-14), large (16-18)
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GOOSE DOWN SLIPPERS: When your feet get chilly, slip on a pair of our generously filled goose down slippers. The fabric is a down-proof poly/cotton/nylon. A perfect complement to our goose down robes. Machine washable. COLORS: Royal Blue, Burgundy and Chocolate
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ROBES				
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Large 16-18				

TOTAL $ _____

Make-it-Yourself Cereals

To whet your kids' appetites for breakfast, let them help bake a batch of cereal. Whole wheat flour, wheat germ, and unprocessed (miller's) bran give these wholesome, cereals satisfying crunch and flavor.

Photograph Dieter



WHEAT CEREAL

1½ cups whole wheat flour
¼ cup all-purpose flour
¼ cup wheat germ
¾ teaspoon salt
⅔ cup water
¼ cup creamy peanut butter

In bowl stir together the flours, wheat germ, and salt. By hand blend water into peanut butter till smooth. Add to flour mixture, stirring to make a soft dough. Divide dough into fourths. Roll out as directed below.

Bake in 350° oven for 18 to 20 minutes or till lightly browned and crisp. Cool. Place in plastic bag; break into small pieces with rolling pin. Store in airtight container. Makes about 5 cups cereal.

BRAN CEREAL

To find unprocessed bran, check the cereal or flour sections at your grocer's, or try a health food shop—

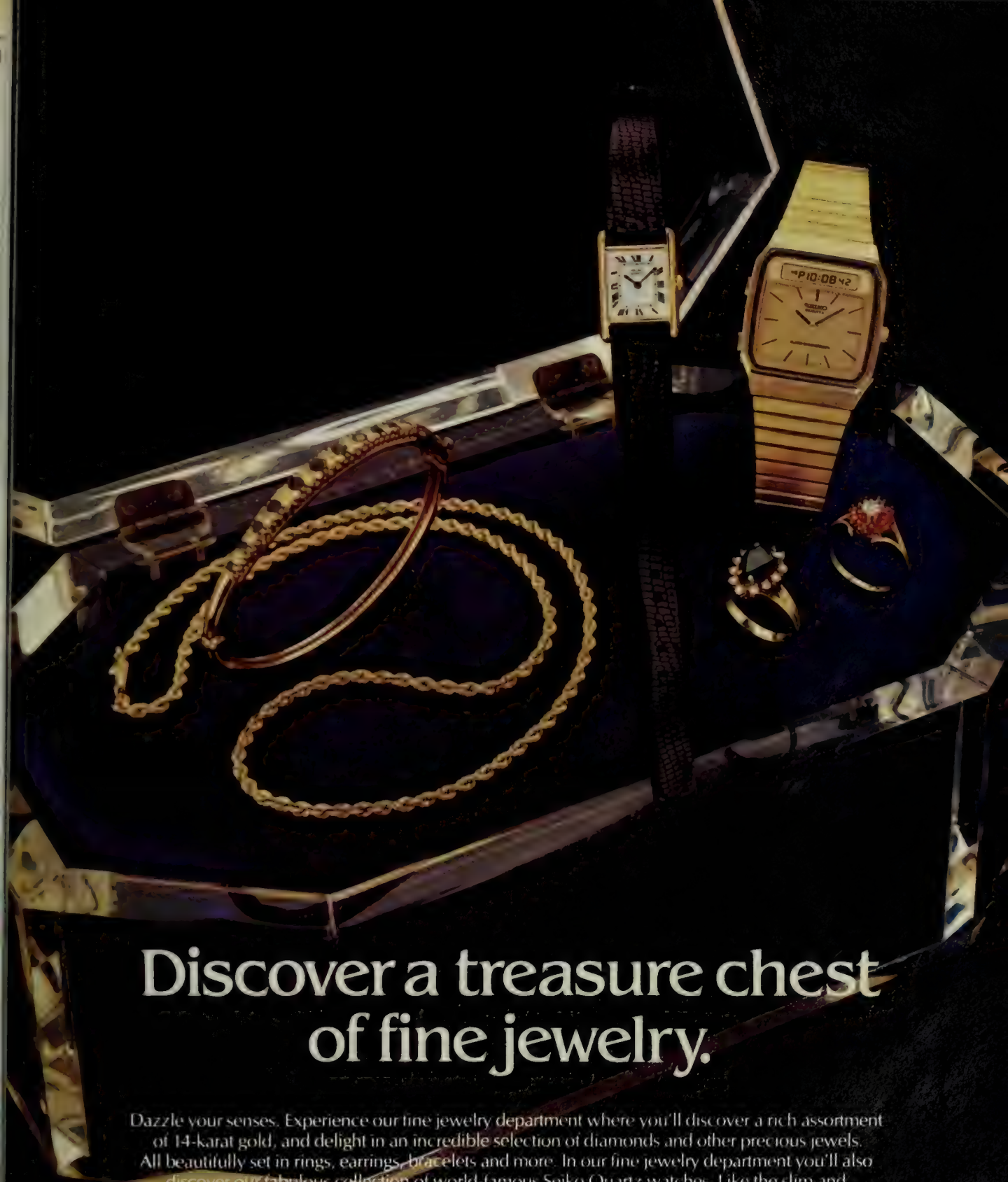
2 cups unprocessed (miller's) bran
2 cups whole wheat flour
½ cup nonfat dry milk powder
1 teaspoon salt
¾ cup water
¼ cup cooking oil
1 tablespoon light molasses

In bowl combine bran, whole wheat flour, milk powder, and salt. Make a well in center; add water, oil, and molasses. Stir together to moisten, then mix thoroughly, using hands if necessary. Divide dough into fourths. Roll dough out as directed below.

Bake in 350 ° oven for 15 to 16 minutes or till lightly browned and crisp. Cool. Place in plastic bag; break into small pieces with rolling pin. Store in airtight container. Makes about 4½ cups cereal.

To roll out cereal dough: Lightly sprinkle some whole wheat flour over one piece of waxed paper. Top with one portion of the dough; cover with a second piece of waxed paper. Roll dough as thin as possible to about a 12x9-inch rectangle. Remove top sheet of waxed paper; invert dough onto a greased cookie sheet. Carefully peel off second sheet of paper. Repeat with remaining dough. Bake as directed.





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A Back-of-the-House Transformation

When Bob and Janice Wentz first drove up to the front of this 75-year-old former rooming house, they thought it wouldn't take much to make the building livable. Had they seen the rear view first, *right*, they might have kept right on driving.

Yet even the boarded-up rear addition had hidden potential. Here's how these homeowners turned a wasteland into a green-growing oasis.



That rickety old stairway and the original windows of the addition came down pronto; new cedar siding and glass went up. The second-story doorway now leads to a triangular balcony that forms a roof for part of the new deck. The balcony railing is made of 2x2s and 2x4s; its geometrical pattern is repeated in the privacy screen to the left of the house.

The deck, which is situated just outside the homeowners' dining room, is ideal for outdoor entertaining. The unusual shape and multilevel design of the deck make the most of this narrow backyard.

The second story of the remodeled addition, *below*, is a garden room filled with sunlight from greenhouse windows and skylights.







Photographs: Tom Ebenhoh. Architect: Robert Brownstein & Associates, AIA. Field editor: Lois Rea

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BHG

Ground Ham Budget Helpers

Here's how to stretch your meat dollar with ground ham. You usually can buy ham already ground at your market. Or, for extra economy, keep an eye out for sales on large whole pieces of ham. Buy a piece larger than your family will need for one meal and serve the ham first as a roast. Then grind the leftovers with a food grinder or food processor and use the ground ham in any of the three recipes shown here. You'll be surprised at the money you'll save.



Photograph: Dieter

CLAY POT HAM LOAF

If you don't own a clay pot, bake this meat loaf in a 11x7x2-inch baking dish in a 350° oven for 1¼ hours—

2 beaten eggs
½ cup milk
1½ cups soft bread crumbs (2 slices bread)
¼ cup chopped onion
1 tablespoon snipped parsley
1 teaspoon salt
¼ teaspoon pepper
1 pound ground fully cooked ham
1 pound ground beef
¾ cup packed brown sugar
2 tablespoons cornstarch
½ teaspoon dry mustard
½ cup undrained crushed pineapple
¼ cup vinegar
1 recipe Horseradish Sauce

Soak clay pot in water for 10 minutes. Meanwhile, in a bowl combine eggs, milk, bread crumbs, onion, parsley, salt, and pepper. Add ham and beef; mix well. Shape into a loaf to fit the bottom of the clay pot. In a saucepan combine brown sugar, cornstarch, and mustard. Stir in *undrained* pineapple and vinegar. Cook and stir till thickened and bubbly. Spoon over loaf. Cover. Place clay pot in *cold* oven. Set temperature at 350°. Bake 1¼ hours. Serve with Horseradish Sauce. Makes 8 servings.

To make Horseradish Sauce: In a bowl combine 2 tablespoons *prepared horseradish,* 2 tablespoons *lemon juice,* 1 tablespoon *sugar,* 1 tablespoon *prepared mustard,* ¼ teaspoon *paprika,* and ⅛ teaspoon *salt.* Whip ½ cup *whipping cream* to soft peaks (tips curl over). Fold into horseradish mixture. Serve with ham loaf. Makes 1 cup.

APRICOT-HAM PATTIES

If you like, serve these patties as sandwiches on toasted hamburger buns—

2 beaten eggs
¾ cup milk
1½ cups soft bread crumbs (2 slices bread)
½ cup finely snipped dried apricots
¼ cup chopped onion
2 tablespoons snipped parsley
Dash pepper

• • •

1 pound ground fully cooked ham
1 pound ground pork
⅓ cup packed brown sugar
1 teaspoon all-purpose flour

In a bowl combine eggs, milk, bread crumbs, dried apricots, onion, parsley, and pepper. Add ground ham and pork; mix well. Shape meat mixture into 8 patties. Combine brown sugar and flour; sprinkle in the bottom of a 15x10x1-inch baking pan. Place patties in pan. Bake in 350° oven for 40 to 45 minutes. Transfer patties to serving platter, reserving pan juices. Stir together the pan juices and spoon over meat. Makes 8 servings.

HAM BISCUIT PINWHEEL

If you're a horseradish fan, substitute 1 or 2 tablespoons of prepared horseradish for the mustard in the sour cream sauce—

1½ cups packaged biscuit mix
⅓ cup cornmeal
2 teaspoons sesame seed
½ cup milk

• • •

2 cups ground fully cooked ham (about 12 ounces)
1 4-ounce can chopped mushrooms, drained
1 cup dairy sour cream
2 tablespoons milk
1 tablespoon prepared mustard

In bowl combine biscuit mix, cornmeal, and sesame seed; add the ½ cup milk. Stir with fork just till dough follows fork around bowl. On lightly floured surface knead dough 10 to 12 times. Roll or pat to a 13x9-inch rectangle. Combine ham, drained mushrooms, and *⅓ cup* of the sour cream; spread evenly over dough. Roll up jelly-roll fashion, beginning at long end; seal long edge. Form into a ring, seam side down, on a greased baking sheet. Seal ends together. Make cuts at 1-inch intervals *almost* to center of ring; pull sections apart and twist slightly. Brush with additional *milk.* Bake in 400° oven for 25 to 30 minutes or till browned.

Meanwhile, combine the remaining ⅔ cup sour cream, the 2 tablespoons milk, and the mustard; mix well. Pass with meat. Makes 6 to 8 servings.



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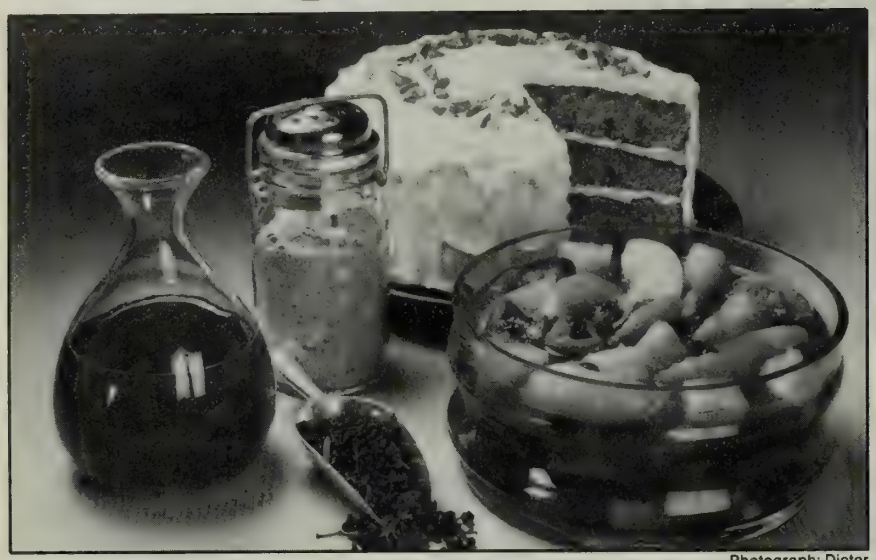
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Cassia Buds—for Super-Cinnamony Flavor



Photograph: Dieter

Chances are you aren't familiar with cassia buds. They've only recently been available in the U.S., although they've long been a staple spice of Oriental and European cooks. Cassia means "sweet" in Chinese, and the buds are a spicier, headier form of cinnamon. The clovelike buds are actually the dried unripe fruits of the cassia or cinnamon tree.

You can buy cassia buds whole or ground. Use the whole buds in any food you would season with whole cloves or stick cinnamon, and the ground buds in recipes that call for ground cinnamon. Cassia buds' flavor resembles that of cinnamon but has a more intense, winey character. At present, cassia buds are only available in specialty spice shops and through mail-order spice houses. Try this intriguing spice in the recipes below.

CASSIA-SPICED BUTTERMILK CAKE

- ½ cup shortening
- 1¾ cups all-purpose flour
- ¾ cup packed brown sugar
- ½ cup granulated sugar
- 1½ teaspoons ground cassia buds *or* ground cinnamon
- 1 teaspoon baking powder
- ¾ teaspoon baking soda
- 3 eggs
- 1¼ cups buttermilk
- ¾ cup finely chopped walnuts
- 1 recipe Whipped Cream Frosting

Place shortening in a large mixer bowl. Add flour, sugars, spice, baking powder, 1 teaspoon *salt,* and soda. Add eggs and *half* the buttermilk. Blend at low speed of electric mixer. Beat 2 minutes at medium speed, scraping bowl. Beat in remaining milk; beat 2 minutes more at medium speed. Fold in nuts. Turn batter into three greased and lightly floured 8x1½-inch round baking pans. Bake in 350° oven 20 to 25 minutes or till done. Cool in pans 10 minutes; remove to wire racks. Cool completely. To assemble cake, place one cake layer on a serving plate; spread with some of the Whipped Cream Frosting. Top with a second cake layer; spread with more frosting. Place third cake layer atop. Frost top and sides of cake with remaining frosting. Sprinkle with chopped walnuts, if desired. Cover; chill till serving time.

To make Whipped Cream Frosting: Beat 1½ cups *whipping cream* with ½ teaspoon *vanilla* and ¼ teaspoon *ground cassia buds* or *ground cinnamon* on high speed of electric mixer to soft peaks. Gradually add 2 tablespoons *granulated sugar,* beating till stiff.

CASSIA BUD SUGAR

Use this spiced sugar as you would cinnamon-sugar—on buttered toast or muffins, fruit or ice cream—

- 2 teaspoons finely shredded orange peel

• • •

- 1 cup sugar
- 1½ teaspoons ground cassia buds *or* ground cinnamon

Place orange peel on waxed paper; let stand 10 minutes to dry. In a small bowl combine the dried orange peel, sugar, and ground cassia buds. Store in a shaker jar. Makes 1 cup.

SPICED WINE FRUIT COMPOTE

- 1 20-ounce can pineapple chunks (juice pack)
- 1 16-ounce can peach slices (juice pack)
- 1 cup dried apricots
- ½ cup raisins
- ½ cup dry white wine
- ⅓ cup sugar
- 1 teaspoon ground cassia buds *or* ground cinnamon

In saucepan combine *undrained* pineapple and peaches, apricots, raisins, dry white wine, sugar, and ground cassia buds or cinnamon. Cover; bring to boiling. Reduce heat; simmer, covered, 5 to 10 minutes or till apricots are tender. Cool slightly. Serve warm or chilled. Makes 8 to 10 servings.

CASSIA BUD VINEGAR

Use this spicy vinegar to pickle eggs, red cabbage, onion, and cucumber, or as the base for a homemade sweet-sour dressing—

- 4 cups red wine vinegar
- 1 teaspoon grated fresh gingerroot
- 1 teaspoon whole allspice
- 1 teaspoon cassia buds *or* 6 inches stick cinnamon, broken
- ½ teaspoon mustard seed
- ¼ teaspoon whole peppercorns, coarsely crushed
- 4 whole cloves
- 1 bay leaf

Combine all ingredients in saucepan; bring to boiling. Reduce heat and simmer, uncovered, 10 minutes. Remove from heat; cool. Pour into screw-top jar. Let stand overnight; strain. Store at room temperature in screw-top jar. Makes 3¼ cups. BH&G



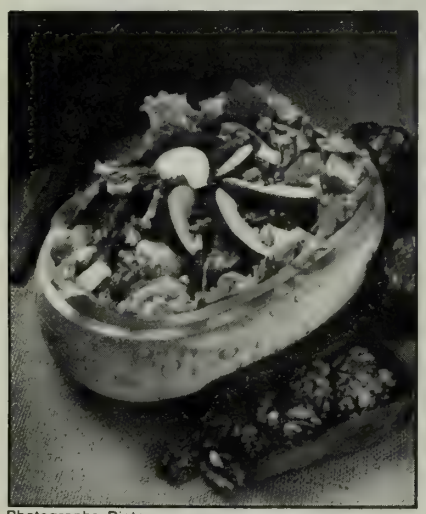
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NEW WAYS TO COOK WITH NUTS

If you're nuts about nuts, you've probably tried them in all the usual ways: pecans in pie, pistachios in pudding, black walnuts in cake, and salted peanuts with a mug of cold beer. Now you can broaden your horizons with this trio of not-so-common ideas that capitalize on the special flavor and crunch of nuts.

When you're buying nuts, be aware that nuts in the shell store better and longer. However, most varieties are only available in the shell in late fall. Shelled nuts are sold year round in many convenient forms: they may be dry-roasted, salted, sugared, or spiced before they're packaged in vacuum cans, jars, or bags. And you can purchase shelled nuts whole, halved, sliced, chopped, slivered, ground, and in pieces as needed. Store all nuts in a cool dry place. Refrigerate or freeze opened packages.







Photographs: Dieter

WALNUT-DRESSED CHICKEN SALAD

You can find walnut oil in the gourmet section of supermarkets or specialty food stores. Use the oil in small amounts to lend a distinctive walnut flavor to a variety of foods—

- ⅔ cup coarsely chopped walnuts *or* black walnuts
- ⅓ cup walnut *or* cooking oil
- ¼ cup vinegar
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- ½ teaspoon sugar
- ¼ teaspoon salt
- 3 cups torn romaine
- 2 cups cubed cooked chicken
- 1 large green *or* red pepper, seeded and cut in 1-inch squares
- 1 medium apple, cored and thinly sliced

In a small skillet cook walnuts in 2 *tablespoons* of the oil about 5 minutes or till golden; remove from heat. In a screw-top jar combine the undrained nuts, the remaining oil, vinegar, sherry, soy sauce, sugar, and salt. Cover and shake well. Set aside.

In a large serving bowl toss together the torn romaine, chicken, green or red pepper, and apple slices. Shake dressing well; pour over salad and toss. Serve immediately. Makes 4 servings.

CASHEW-MUSHROOM SOUP

A blender or food processor comes in handy for chopping the cashews—

- 2 tablespoons butter *or* margarine
- 2 tablespoons all-purpose flour
- 1½ cups chicken broth
- 1⅓ cups light cream
- Dash ground nutmeg
- 1½ cups sliced fresh mushrooms
- 1 cup coarsely chopped cashews
- Whole cashews
- Sliced mushrooms

In a 2-quart saucepan melt the butter or margarine. Stir in the flour. Add chicken broth, light cream, nutmeg, and a dash *pepper;* cook and stir over medium heat till mixture is thickened and bubbly. Stir in mushrooms and *half* of the chopped cashews; cook and stir 2 minutes more. In blender container or food processor bowl process *half* of the mixture at a time till smooth; return all to pan. Stir in remaining chopped nuts; heat through. Season to taste. Ladle into bowls; garnish each serving with cashews and sliced mushrooms. Makes 6 servings.

FETTUCINI IN ALMOND SAUCE

- 2 tablespoons butter *or* margarine
- ⅔ cup sliced almonds *or* pine nuts
- 1 slightly beaten egg
- 3 tablespoons chopped fresh parsley
- 3 slices bacon, crisp-cooked, drained, and crumbled
- 1 tablespoon lemon juice
- 6 ounces hot cooked fettucini
- Grated Parmesan cheese (optional)

In a 10-inch skillet melt butter or margarine. Add nuts and stir over medium heat till golden. In a small bowl combine the egg, parsley, crumbled bacon, lemon juice, and a dash *pepper.* Add nuts to egg mixture; toss with the hot pasta. Pass Parmesan if desired. Makes 4 to 6 servings.

French Elegance.

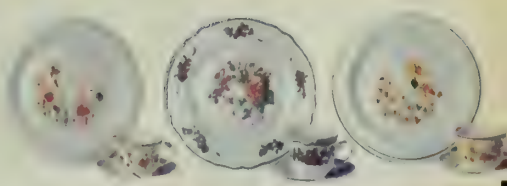


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Traditional American Leg of Lamb



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Traditional American Leg of Lamb
4 to 6 servings

1 leg of lamb
3 tablespoons lemon juice
2 cloves garlic, minced
1 tablespoon curry powder
2 teaspoons salt
1/4 teaspoon ground pepper
2 onions, sliced
1/2 cup dry vermouth

Place lamb on rack in roasting pan. Sprinkle with all but 2 teaspoons lemon juice. Make paste with remaining lemon juice, garlic, curry powder, salt and pepper. Rub into lamb. Arrange onion slices around lamb. Cook in oven preheated to 400°F for 30 minutes. Drain off fat. Add vermouth. Reduce heat to 325°F and cook 1-3/4 to 2 hours, basting frequently.

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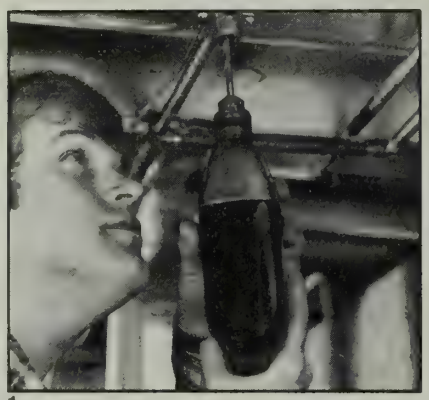
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How to Hook Up a Washer

Hooking up a washing machine needn't be a weekend-long struggle. You can do the job in just a few hours by using plastic fittings and polybutylene tubing. The only tools you'll need are two wrenches, a knife, and a drill. Just remember to turn off the water at the main shutoff valve before you start.



1.

You don't have to cut into existing copper or cast-iron hot and cold water supply lines. Instead, just clamp a metal fitting called a saddle tee around each of the two lines and drill a hole into each line through the tee, *photo 1.* (Remember that the larger you drill the hole, the faster the washer will fill with water.) Use either a hand drill or



2.

an electric drill that's grounded or double-insulated.

Next, thread plastic elbows into each of the saddle tees, *photo 2.* (Follow the manufacturer's instructions. The threads of some plastic fittings must be wrapped with special tape.)

Use polybutylene tubing to carry the water to the washing machine. To connect the tubing to the two elbows, simply insert the tubing, *photo 3,* and tighten the plastic nut on each elbow. Use one wrench to hold the elbow and another to turn the nut.



3.

Run the tubing from the elbows over to the wall near the washing machine, supporting the tubing every two feet with hanger straps. Cut the tubes to the needed length with a knife.

Connecting shutoff valves at the wall is as easy as the other steps. Again, insert the tubing into the plastic fittings and tighten the nuts. Now you can attach the washing machine hose fittings to the valves.



4.

If you intend to install a washtub later, you can attach two tees to the tubing above the shutoff valves, *photo 4.* Keep the tees capped until you're ready to connect the tub.

Waste water from the washing machine's discharge hose can simply be run into a floor drain if codes permit. Or you can slip the discharge hose into a standpipe that's fitted with a U-bend trap and connected with a tee to an existing drainpipe.


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From Side Dish to Main Attraction





Wild Rice Kebob
with San Francisco's Long Grain and Wild Rice Rice-A-Roni

Brown one lb. lamb or beef cubes in 2 Tbsp. hot oil with one clove garlic, minced. Add rice-macaroni mixture from Long Grain and Wild Rice Rice-A-Roni package (6 oz.); stir until brown. Add 2¼ cups hot water, ¼ cup dry white wine, Wild Rice Packet from package; one onion (cut into wedges), 12 fresh mushrooms, ½ tsp. salt, ⅛ tsp. pepper. Bring to boil; simmer, covered, 30 minutes, adding one green pepper (cut into squares) last 5 minutes. Before serving stir in one cubed tomato. Makes 4 (1⅓ cup) servings.

Sandwich Cookies

Homemade cookies are hard to resist, especially if they hold a delicious filling. Try our sandwich cookies and see how fast they disappear!



Photograph: Dieter

CHOCOLATE PECAN SANDWICH COOKIES

These chocolate wafer cookies have a cooked filling that's studded with coconut and pecans—

- ½ cup butter *or* margarine, softened
- ½ cup sugar
- ¼ cup unsweetened cocoa powder
- 1 egg
- ¼ cup water
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 egg
- ¼ cup evaporated milk
- ⅔ cup sugar
- 3 tablespoons butter *or* margarine
- Dash salt
- 1 cup flaked coconut
- ⅔ cup finely chopped pecans

In mixer bowl combine the ½ cup butter or margarine, the ½ cup sugar, and the cocoa powder; beat in the first egg, the water, and vanilla. Combine flour and baking powder; stir into chocolate mixture. Cover dough; chill 30 minutes.

Divide dough in half. On lightly floured surface, roll each half of dough to ⅛-inch thickness. Cut into desired shapes with cookie cutter. Place cookies on ungreased cookie sheet; bake in a 375° oven for 6 to 7 minutes. Remove from cookie sheet; cool on rack.

Meanwhile, prepare filling: In saucepan beat remaining egg slightly. Stir in the evaporated milk. Add the remaining ⅔ cup sugar, 3 tablespoons butter, and salt. Cook and stir over medium heat about 5 minutes or till thickened and bubbly. Add coconut and pecans; cool. Spread a rounded teaspoonful of filling on flat side of one cookie; top with a second cookie, flat side down. Repeat with remaining cookies and filling. Makes 2 to 2½ dozen.

CHOCOLATE-FILLED PEANUT BUTTER COOKIES

Candy bars provide the easy filling for these peanut butter-flavored morsels—

- ½ cup creamy peanut butter
- 6 tablespoons butter *or* margarine, softened
- ¾ cup packed brown sugar
- 1 egg
- 3 tablespoons milk
- 2 teaspoons vanilla
- 1¾ cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 4 1.2-ounce bars plain milk chocolate, broken into squares

In mixer bowl cream together peanut butter, softened butter or margarine, and brown sugar; blend in egg, milk, and vanilla. Stir together the flour, baking powder, and salt. Stir into creamed mixture. Shape dough into 48 one-inch balls; place 2 inches apart on ungreased cookie sheet. Flatten balls with the bottom of a floured glass. If desired, make a crisscross design on each cookie with tines of fork. Bake in 350° oven for 10 to 12 minutes or till done. Immediately remove from cookie sheet, placing *half* of the cookies bottom sides up on wire rack. Quickly place 2 squares of chocolate bar atop each upside-down cookie. Cool remaining cookies right side up on rack. When candy softens, spread over cookies; place remaining cookies atop frosted cookies. Makes 2 dozen.

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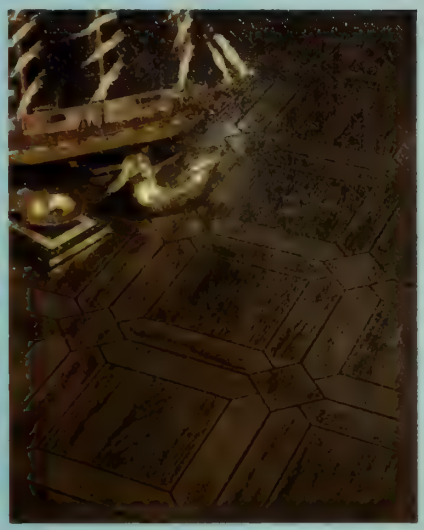
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Baked Filet of Sole with Mustard Cream Sauce

INGREDIENTS
6 large or 12 small filets of sole
juice of 1/2 lemon
1/4 cup Mirassou Monterey Riesling
4 teaspoons butter
4 teaspoons flour
1 cup sour cream
2 egg yolks
1/4 teaspoon salt
2 teaspoons sweet hot mustard (Russian style, available in most delis)

METHOD
☐ Preheat oven to 350°
☐ Wash and dry fish, sprinkle with salt and pepper to taste, and place in buttered glass dish. Top with lemon juice and wine and cover dish with buttered wax paper.
☐ Bake 10-15 minutes or until done. Remove filets to warm platter while making sauce.
☐ Melt butter. Add flour and blend over medium heat. Whip in juices from baking pan.
☐ Beat sour cream with egg yolks and salt. Add to sauce and continue cooking, stirring constantly, until sauce is hot (do not allow to boil).
☐ Remove sauce from heat. Blend in mustard and serve over filets. Makes 6 servings.

Mirassou Fleuri Blanc Pound Cake

INGREDIENTS
1 lemon cake mix
3-4 ounce pkg. instant vanilla pudding
3/4 cup Mirassou Fleuri Blanc
3/4 cup salad oil
4 eggs

METHOD
☐ Preheat oven to 350°
☐ Grease and flour Bundt pan.
☐ Mix all ingredients. Pour in pan.
☐ Bake approximately 1 hour or until knife comes out clean when inserted.
☐ To complement, serve with fresh fruit in season. Makes 6-8 servings.

Fruit Flambé

INGREDIENTS
1/4 cup Mirassou Fleuri Blanc
2 heaping tablespoons brown sugar
2 tablespoons brandy
1/2 pint sour cream

METHOD
☐ Heat Mirassou Fleuri Blanc with brown sugar in saucepan until sugar dissolves. Add brandy and flambé.
☐ While stirring the sour cream in a bowl, slowly pour in the Fleuri Blanc mixture. Blend. Serve over fruit and enjoy with the remainder of Mirassou Fleuri Blanc.

SF/W/4



SOLE

in parsley butter, stuffed baked tomatoes au gratin, wild rice, sour cream walnut cheesecake and Mirassou Monterey Riesling. The Mirassou Family recommends this crisp, refreshing white wine as the perfect complement for your intimate dining, fabulous feast or to merely sip alone.

Enjoy the fresh fruit taste–
flavor captured by a unique harvesting process.
The grapes are crushed less than a minute
after leaving their Monterey vines.
Monterey Riesling, a delicate fine wine.
Just right for you and your sole.

The Mirassou Family has been making the finest varietal wines for 126 years.
Enjoy them in your home or at finer restaurants.
For more information and our newsletter, write to Mirassou Vineyards, 3000 Aborn Road, San Jose, California 95135.

America's Oldest Winemaking Family

How to Use Drywall in the Winter

If you're planning some drywall work this winter, there are some potential problems you should be aware of. Cold and damp weather is a major or contributing cause of errant drywall work. Here are some troubleshooting tips.

Applying joint compound

Drywall joint compound is used with perforated tape to cover the joints between sheets of drywall, and to hide nailheads and holes. In winter, certain precautions should be taken when working with joint compound.

Don't apply the compound to cold and damp surfaces. Keep the temperature in your work area between 50 and 70 degrees for 24 hours prior to application and for four days thereafter.

If you need to warm up the drywall, be sure not to overheat it. High temperature can shrink the compound and increase humidity, so be sure to provide ventilation.

After each application of compound, allow 24 hours of drying time to avoid expansion and shrinkage.

Taping and finishing

To cover the joints, first apply the compound neatly, keeping it flush with the wall surface. Next, lay perforated drywall tape in the joint and press down with a trowel. Two more coats of compound are recommended.

Your next step is to sand the surface lightly to ensure a smooth finish. Keep unused premixed joint compound in a warm place so it won't freeze.

Priming and sealing

Before painting or papering your wall, you'll need to apply a primer-sealer to prevent show-through (unsightly indentations, bumps, and sanding patterns). Be sure your sealer is completely dry before you proceed. Be patient: Wait 36 to 48 hours if the weather is cold and damp. Make sure the room temperature is at least 45 degrees before you use any primer-sealer on your drywall.



Many people serve Hormel ham only on special occasions. Now you can turn any meal into a special occasion.

We've shaped famous Hormel ham into a convenient patty form. Just bake, broil, or fry for a few moments, and you have delicious Hormel ham for any breakfast, lunch or dinner. At a low price to start with; and less waste to end with.

Hormel Ham Patties. For special occasions. Like breakfast, lunch, or dinner.

They're in the refrigerated meat section. Hormel



Now your windows can be as well-designed as everything else in your room Levolor Lustreweave Shades come in a rich satin finish. For a Levolor Weaves color sampler, write Levolor Lorentzen, Inc., 720 Monroe Street, Hoboken, N.J. 07030

LEVOLOR SHADES

Name

Address

M-11-80

City State Zip

"Mail-Order Decorating" Shopping Guide

Sources for all products shown in the "Mail-Order Decorating" story are listed alphabetically by the pages on which they are shown. An asterisk means that a catalog is available.

Prices given for products are subject to change and do not include shipping or postage unless indicated in parentheses. For larger items, shipping and crating costs are not included.

To expedite the processing of your order, all mail orders must be accompanied by a bank check or money order; all telephone orders must be accompanied by a major credit card account number.

COLONIAL, pages 112-113

*American Heritage Collection,** American Heritage Publishing Co., Inc., 10 Rockefeller Plaza, New York, NY 10020, Attn: Renee Dunn, Catalog Dept. Catalog free.

Quail pillow needlepoint kit: quail with flowers, #P15305—$75 ($3); quail with leaves, #P15405—$75 ($3).

*The Bartley Collection, Ltd,** Dept. BH&G, Dearborn, MI 48121. (313) 271-1620. Write 747 Oakwood Ave., Lake Forest, IL 60045 for catalog, $1.00.

Candle table: ready-to-finish kit (mahogany, #CT10; cherry, #CT11)—$85 ($4); finished—$235 ($4).

Better Homes and Gardens, Family Shopping Service, Box 374, Dept. 2NA, Des Moines, IA 50336. To order, see page 100.

Basic heavy canvas tote bag, #23133—$29.50 ($3).

*Charles Keath, Ltd.,** Dept. BH&G, 4030 Pleasantdale Rd. NE, Atlanta, GA 30340. Catalog free.

Magazine rack: small (shown), #5421—$20 ($2.50); large #5422—$38.50 ($3.75).

*The Children's Design Center,** Dept. BH&G, Geyser Rd., RD 4, Saratoga Springs, NY 12866. (800) 833-4756; in NY (800) 342-4774. Catalog free.

Lone Star quilt, #01215—$66 ($8).

*Colonial Williamsburg,** Dept. BH&G, 201 Fifth Ave., Box CH, Williamsburg, VA 23185. (800) 446-9240 except Alaska, Hawaii, Virginia. Catalog free.

Mahogany wall lantern, #35181—$154.50 (shipping incl.).

Traveling brass candle holder (inside lantern), #22237—$49.50 (shipping incl.).

*Country Curtains,** Dept. BH&G, Stockbridge, MA 01262. (413) 298-5565. Catalog free.

Unbleached muslin tab curtains (80 inches long, 30 inches wide), #C25—$10 pair (two pairs per window as shown).

Unfinished walnut or pine curtain rods and brackets: 31, 36, or 48 inches long—$7 each ($1.50).

*Fran's Basket House,** Dept. BH&G Route 10, Succasunna, NJ 07876. Catalog 50 cents.

Round clothes basket (with corner plant), #W309—$11 ($6).

Mayan hamper, #B741—$22.95 ($8) set of three.

*Greenfield Village and the Henry Ford Museum Reproductions,** Dept. BH&G, Dearborn, MI 48121. (313) 271-1620. Write The Edison Institute, 20900 Oakwood Blvd., Dearborn, MI 48121 for catalog, $2.50. Call (313) 271-1620 for prices.

Pewterware: Benjamin Day cover tankard, #HFM 66; chalice, #HFM 63; Austin charger, #HFM 41; Trask goblet, #613-5; footed bowl, #HFM 22; Boardman basin, #HFM 23.

*Guild of Shaker Crafts,** Dept. BH&G, 401 West Savidge, Spring Lake, MI 49456. (616) 846-2870. Catalog $2.50.

Cherry wood butterfly bench, lacquer or tung oil finish—$105 ($10.50).

*J.C.Penney Co.,** catalog available for viewing at local outlets.

Freestanding conical fireplace, similar to one shown, #04 orange, #R904-1062B—$149.99 (also avail. in #03 black, #06 gold).

21-inch electric log heater, #R848-0089A—$19.99.

Schoolhouse clock, #R771-2979A—$160.

30-inch unfinished pine shelves, #RJ847-3720A—$17 each.

*Montgomery Ward,** catalog available for viewing at local outlets.

Queen-size sofa sleeper, 100% nylon cover in #156 bittersweet, #L66 C52403R—$449.95 (also avail. in #148 chocolate brown).

Unfinished Boston rocker, #66C 90726R—$62.99.

*National Trust for Historic Preservation,** Dept. BH&G, Preservation Shops, 1600 H St. NW, Washington, DC 20006. (202) 673-4200. Catalog 50 cents.

Patchwork pillows, #6070—$28 each ($2).

Rag rug, #6101—$95 ($5).

*The Nature Company,** Dept. BH&G, Box 7137, Berkeley, CA 94707. (415) 524-8340. Catalog free.

Replogle Commander globe—$68.50 ($3.75).



Old Guilford Forge," Dept. BH&G, 1840 Boston Post Rd., Guilford, CT 06437. (800) 621-5809. Catalog 50 cents.
Mystic lamp, #0G055T—$70 ($3.50).
Double mystic lamp, #0G060T—$80 ($3.50).
Prestons," Dept. BH&G, 120 Main St. Wharf, Greenport, NY 11944. (516) 477-1990. Catalog 25 cents.
"Topaz" model ship, #M411—$74.95 ($4.95).
Sturbridge Yankee Workshop," Dept. BH&G, Brimfield Turnpike, Sturbridge, MA 01566. (617) 347-7176 or (617) 347-9314. Catalog 50 cents.
Prosper Windsor armchair, hardrock maple, #8761—$175 each.
General Salem Towne table, northern pine, #5650—$89.50.
Trifles," Dept. 42878, Box 4432, Dallas, TX 74234. (800) 527-0277. Catalog $2.
Porcelain duck plates, #A4293—$32.50 ($2.75) set of six.

CONTEMPORARY, pages 114-115

Better Homes and Gardens, Family Shopping Service, Box 374, Dept. 2NA, Des Moines, IA 50336. To order, see page 100.
Cubicals: white full cube, #23092—$24.99; white half cube, #23093—$19.99; white drawer, #23131—$9.99; white wine rack, #23132—$5.99.
Butcher Block & More," The Schoenheit Co., Dept. BH&G 1180, 1600 S. Clinton, Chicago, IL 60616. (312) 421-1138. Catalog 50 cents.
30-inch-round butcher block table with chrome pedestal base—$150.
Conran's," Dept. BH&G, 145 Huguenot St., New Rochelle, NY 10801. (914) 632-0515. Catalog $2.
Bobchairs, white, #B581011—$24 each (also avail. in yellow, red).
4x7-foot panama mat, #A394610—$36.
Pine wall clock, #A096814—$150.
Ringo rise-and-fall lamp, cream, #A360813—$65 (also avail. in peach, white).
Crate and Barrel," Dept. BH&G, 190 Northfield Rd., Northfield, IL 60093. (312) 446-9300. Catalog free.
Wall covering "Arithmetic 6-07," Marimekko by Motif Designs—$14.95 single roll, double-roll bolts only.
F.H.I. Ffolio, Inc.," Dept. BH&G, 1350 Manufacturing St. #108, Dallas, TX 75207. Catalog free.
"Bookworm" bookends: brown, #408E; white, #408F—$12.95 each ($1.75) (also available in other colors).
Fran's Basket House," Dept. BH&G, Route 10, Succasunna, NJ 07876. (201) 584-2230. Catalog 50 cents.
Champagne carriers (in corner): small, #W210—$17 ($2); large, #W211—$20 ($3)
Barrel hamper (next to luggage), #255—$27 ($5).
Market basket (on wall unit), #216/16—$15.95 ($4).
Jardiniere hamper (next to wall unit), #509—$40 ($6).
Basket (on wall unit), #W547—$16 ($3).
The Kilkenny Shop, Dept. BH&G, Ghirardelli Square, 900 North Point, San Francisco, CA 94109. (415) 771-8984.
Cushendale Woolen Mills mohair throw, #1011A—$80.
Carbery hand-knit cushion (on basket), cream, #1009A—$35.
Avoca bouclé cushion (in basket), fawn, #1007B—$29.
Simon Pearce ship's decanter, #6020—$35.
Simon Pearce goblet, #6022—$23.
L. L. Bean, Inc.," 180 Cedar St., Freeport, MA 04033. (207) 865-3111. Catalog free.
Canvas and leather log carrier, #8731—$9.50.
Mixed Media, Ltd.," Dept. BH&G, Box 11190, Chicago, IL 60611. (312) 248-1966. Catalog $12.50.
Signed limited edition silkscreen "Red Star Variation" by Marco Spalatin, #951—$75 ($5) unframed.
The Nature Company," Dept. BH&G, Box 7137, Berkeley, CA 94707. (415) 524-8340. Catalog free.
Bustamante Limited Edition owl sculpture—$475.
Alva Museum replica sleeping cat, #G201—$32 ($3.25).
Alva Museum replica rabbit, #G202—$26.50 ($2.50).
German open-faced barometer, #H520—$39 ($1.80).
Taylor Pinehurst weather station—$34.95 ($2.50).
Wolfard glass oil lamps: 6-inch, #H173—$26.50 ($1.75); 9-inch, #H174—$31 ($2); 15-inch, #H175A—$46.50 ($2.75).
Whale weather vane, #H505—$39.50 ($3.25).
Sailboat weather vane, #H504—$39.50 ($3.25).
Bausch & Lomb Discoverer telescope, 20x40X, 60 mm, zoom—$350 ($3.25).
Velbon flip-lock tripod, #0156—$65 ($2.75).
Radio Shack," catalog available for viewing at local outlets.
Sears, Roebuck & Co.," catalog available for viewing at local outlets.
Earthenware-stripe pottery, #41621—$23.99 20-piece set.
Coronet Duet window blinds, camel/tan, #6692—$100 each as shown (Sears Custom Shops only).
Franklin stove fireplace, #42H 84139N—$189.99.
Wood grate, #42H 84028C—$18.99.
Fireplace utensils, polished brass, #34H 4523C—$36.99.
Wall units: three-drawer plus cabinet, #3H 7907N—$189.99; two-door desk unit, #3H 7906N—$139.99; two-door plus cabinet, #3H 7908N—$169.99.
Spiegel," Dept. BH&G, Box 6340, Chicago, IL 60680. (800) 523-3090; in PA (800) 562-6930. Catalog $2.
Sleeper chair, sand, #C60 P 636RT—$119 each.
Corner chair, sand, #C60 P 638RT—$139.
TWA Flight Shop," Dept. BH&G, Box 707, 3825 W. Green Tree Rd., Milwaukee, WI 52301. (800) 558-8990. Catalog free.
United Airlines Friend Ship Store," Dept. BH&G, Box 2001, 3825 W. Green Tree Rd., Milwaukee, WI 52301. (800) 558-8990. Catalog free.

OVEN FROM TOASTMASTER.

IT DOES MORE THAN YOU'D EXPECT.

You're looking at the most versatile convection oven sold in America today.

The Toastmaster System 4 Convection Oven.

It's a true convection oven, engineered with reliable forced-air cooking to enhance the quality of so many foods. But unlike any other convection oven, it also offers three traditional cooking methods, which means that now you can have convection cooking without compromise.



BROIL.

Those four big numbers you see on the dial give you four different choices.

Selection number 1 is for regular broiling. Steaks, fish and certain other dishes still cook best and look best when top-broiled with direct radiant heat.

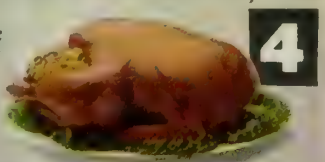
Turn the dial to selection number 2 for regular baking. Often, it's the best way to prepare the delicate dishes, such as souffles, cakes and other desserts.



SLOW-COOK.

To prepare a full-course meal over a six to eight hour period, turn the dial to number 3, for slow-cook. It cooks all day while the cook is away from the kitchen, yet is remarkably energy-efficient.

When you turn the dial to number 4, you have a true convection oven, which uses forced-air for more even, more thorough cooking.



CONVECTION.

The constant gentle flow of forced heated air over, under and around foods seals in natural juices and reduces total cooking time. Less cooking time means even less energy consumption, a very cost-efficient way to prepare natural-looking, natural-tasting family meals.



BAKE.

There's more to the surprising new Toastmaster Convection Oven.

It comes with two bake racks, a three-hour timer and features a continuous-cleaning interior to help the oven clean itself at normal baking temperatures.

Four essential cooking methods in one countertop convection oven make the Toastmaster System 4 quite a surprise. But the most pleasant surprise of all is that while the Toastmaster Convection Oven does more than you'd expect, it costs far less than you'd expect for such a versatile kitchen essential.

The Toastmaster Convection Oven. It's engineered, designed and priced to make it right at home.

Toastmaster.

TO MAKE IT RIGHT AT HOME.

Now in the Flip-Top® box.

Soft pack or new Flip-Top box.





Marlboro Lights

The spirit of Marlboro in a low tar cigarette.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec.'79
Box: 12 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.



DECORATING

Mail-Order Buymanship

Furnishing a room from mail-order catalogs, as we did on page 2, can save you shopping time, ergy, and money. And, the results of mail-order shopping are almost always satisfactory. Even so, ying merchandise sight unen can have its pitfalls. To protect yourself against rip-offs, you ould know your legal rights. ere's a rundown on how to be a nart mail-order shopper.

Shopping wisely

Always buy from a company with an tablished reputation. If you're unmiliar with a firm, check it out with ie Better Business Bureau or local nsumer protection office. To find out there are any complaints pending gainst a particular firm, contact the onsumer Affairs Department of the .S. Postal Service, Washington, DC 0260. Be suspicious of a firm whose erchandise is extremely low priced r one that lists only a post office box umber for an address.

. Before ordering, read the product escription carefully for key informaion. Don't rely on a picture and a brief tatement about the product. Check he dimensions, weight, color, quality f materials, and other details before ou make your choice.

Some catalogs state that a comparable substitute product will be sent if what you ordered isn't available. If you don't want a substitute, say so clearly on your order.

3. Before you buy, find out if the merchandise you want to order is offered on a "satisfaction guaranteed or money back" basis. If the company's refund policy is unclear or has been omitted from the catalog, ask for a clarification.

4. Check for warranties on products, especially if you're purchasing major furniture items or home appliances. Find out what recourse you have if the product needs repair or doesn't live up to the manufacturer's specifications.

5. If you plan to pay for your purchase in installments, study the credit plan carefully to find out exactly how much you will pay and when. The finance charges will not be in excess of that permitted by law, but they will add considerably to your total bill. Check to see what will happen if you miss a payment.

6. Fill out your order blank carefully and completely. Make sure you've included the right colors, sizes, materials, product numbers, and any other necessary information. And, don't forget to write in your name and address.

7. Keep a record of your order, including the name and address of the company and the date you placed the order. Also, save a copy of the original catalog specifications.

8. Never send cash with your order. Use a personal check, money order, or major credit card number instead. That way you'll avoid the risk of theft, and you'll also have a canceled check or receipt as proof of purchase if problems should arise.

9. Be sure to include shipping and handling charges and applicable sales taxes in the total cost of the item. If you overpay, the company should return any excess payment.

Some catalog companies may deliver your merchandise to one of their local outlets. Or, for an additional fee, they'll deliver or mail the items to your home. You may be billed separately for the home delivery charges.

Ordering by telephone

Many companies encourage telephone orders by listing toll-free numbers in their catalogs. When ordering over the phone, you can find out immediately if the item you want is in stock and can usually be assured of prompt delivery. However, since some of the Federal Trade Commission regulations apply only to mail orders, you may be less protected from fraud when you order by phone.

Before placing an order over the telephone, it's wise to jot down all the pertinent information; then dictate it to the telephone order clerk. Ask the clerk to read the information back to

continued







860 Race Car Hauler Set
includes 11 pieces for plenty of play action.

seven days. Otherwise your standing order signifies acceptance of the delay.

The company must send the goods as represented in the catalog and the goods must arrive undamaged. The company also must bill you accurately.

Making complaints

If the merchandise you receive is late, damaged, or other than you ordered, voice your complaint with a phone call or letter to the firm.

Check the catalog to see if the company has a toll-free customer service number. If not, write directly to the firm's customer service department. State your complaint clearly, and include information about the order itself—order number, item numbers, description of products, date ordered and, of course, your name and address.

If you're writing the company, include copies of the order blank and a copy of your canceled check, money order, or credit card receipt to substantiate your claim. Keep the originals for your records.

Be sure to tell the company whether you want them to replace or exchange the item, or give you a refund.

Never return damaged merchandise until you've received instructions from the company on how and where to return it. If you're asked to return the product, keep a record of the cost and date of shipment. Always keep the original wrapping in which the merchandise was shipped in case you need to support further action, such as an insurance claim.

Some catalogs give instructions for returning goods dam-

continued

Mail-order buymanship

you to minimize the chance of errors on your order.

When ordering items from an overseas catalog, find out what the approximate duty on each item will be, as well as any restrictions on the importation of specific items. Two general information booklets, *Rate of Duty for Popular Tourist Items* and *Know Before You Buy*, are available from the Office of Information and Publication, Bureau of Customs, Department of the Treasury, Washington, DC 20026.

Knowing your rights

As a mail-order consumer, you have certain rights that are protected by the Federal Trade Commission.

You must be guaranteed a shipping date. If the catalog promises the merchandise will be rushed to you within a week, it must be sent out in no more than seven days. If no specific shipping date is mentioned, you should receive the goods within 30 days. The 30-day countdown begins when the mail-order firm receives your properly completed order and payment, or when the charge is entered to a charge or major credit card account.

If the company cannot send the merchandise you ordered within 30 days, it must notify you of the delay and give you the option of canceling your order. If you cancel the order, the company must then refund your money in full within



4125 'Rhino' Pickup with roll bar,
hand-operated winch, drop-down tailgate.



1140 Cadet "County Fair" Set
has 10 pieces for staging imaginative events.

10017. The DMA will intervene with any member mail-order company and assist, where possible, with nonmember companies by referring you to the proper authorities.

You can also write to the Bureau of Consumer Protection, Federal Trade Commission, Washington, DC 20580. The FTC can't represent you personally but will put the name of the violator on file. Then, if a substantial number of complaints about the same company are received, a lawsuit could be filed against the company. Consumers inconvenienced by the company's negligence would share in any court-awarded damages.

The FTC will also send a copy of your letter of complaint to the Post Office's Consumer Advocate's Office. This service branch helps persons recover money from fraudulent mail-order merchants.

Getting on or off mailing lists

If you want to receive literature and catalogs in any special category, write to Direct Mail/Marketing Association, Mail Preference Service, 6 East 43rd St., New York, NY 10017 and request the MORE MAIL form. Once you've checked your preferences from the 24 categories of mail-order merchandise listed, return the form. Then, DMMA will contact catalog houses affiliated with the program and ask them to add your name to their mailing lists.

If, on the other hand, you're inundated with mail-order literature, write to the same service and ask for the LESS MAIL form. Your name will be removed from the mailing lists of member mail-order advertisers.

aged in transit, and often include a "return" or "exchange" form with the product. Read the directions carefully.

If you decide you don't want an item, even though it arrives in good shape, you can probably return it to the company without penalty. Most firms give you the option of returning items within ten days after delivery. But once you've opened the package, the expense of returning it is yours. It's always a good idea to insure any package you return and arrange to have a signed receipt sent to you when the company receives the package.

Dealing with billing errors

If you think there's an error in your bill, notify the company in writing as soon as possible. You must contact the firm within 60 days to preserve your rights under law.

Send a copy of the bill, a letter listing your complaint, and a description of the merchandise to the company's customer service department.

The catalog company must acknowledge the letter within 30 days of receipt and may not attempt to collect the amount until the dispute is resolved. Interest or late charges cannot be added to any disputed amount. The firm has 90 days to correct the error.

If you have complained to the company about merchandise or billing problems and have waited a reasonable time without a reply or solution, there are several organizations you can contact for help.

One is the Mail Order Action Line of the Direct Mail Advertising Association, 6 East 43rd St., New York, NY

Give Nylint steel toys

Kids will have the time of their lives.

With their bold colors, authentic detailing, moving parts and accessories, Nylint vehicles will go just as far as a child's imagination will take them.

Sturdy steel construction, shatterproof windshields, baked-on finishes, hemmed edges and firmly attached wheels for miles of smiles.

Look for Nylint steel toys in your favorite toy department or catalog.



NYLINT

America's finest steel toys since 1946

Nylint Corporation, Rockford, IL 61101

KODAK INTRODUCES

Sensalite™ FLASH



The biggest news in pocket cameras since built-in flash.

Unique built-in electronic Sensalite flash. It's what makes this new pocket camera more automatic, easier to use, than ever before. Automatically turns itself on and flashes whenever you need more light. Even turns itself off! You don't have to think about flash again.

Two new Kodak cameras with built-in Sensalite flash–the Ektralite 500 and Tele-Ektralite 600.



1880 Kodak 1980

America's Storyteller

© Eastman Kodak Company, 198

TRAVEL GUIDE TO AMERICA'S BUSIEST AIRPORTS

By G. S. Bush

With the holiday season in sight, more travelers than ever will be descending on the country's already crowded airports. The resultant traffic jams, baggage tie-ups, and delayed and overbooked flights can add up to a real nightmare.

You can cut airport hassles down to size by knowing what to expect and learning as much as you can about airport routines and layouts before you get there. To help you do just that, we've worked up guides to 11 of the nation's busiest airports. Save these pages and carry them with you as you travel. (Note: Designations of which airlines use which concourses and/or terminals were current when we went to press, but switches occur frequently.)

For starters, however, here's a trio of general tips that will help smooth your way through any big airport.

- Choose flights to avoid rush-hour departures and arrivals (4 p.m. to 7 p.m., especially on Fridays, Sundays, and Mondays). Coping with most airports is easiest on Saturday and Sunday mornings.
- Always arrive with your ticket in hand to avoid lines at ticket counters. Check your bags at the curb before entering the terminal (curbside baggage check is offered at most major U.S. airports) and go straight to your departure gate. The porter at the curb should indicate your gate on your ticket folder. (The letter refers to the concourse, the numeral to the gate.)
- If it's necessary to change planes en route, try for connecting flights on the same airline, or failing that, on airlines with gates near each other in the airport where you're making the switch. (For more air travel basics that apply everywhere, see page 208.)



JOHN F. KENNEDY INTERNATIONAL

NEW YORK

AIRPORTS KEY

- Domestic Terminals
- *International Terminals
- Commuter Terminals
- Hotels
- Parking (distances to outlying parking may be distorted)
- Traffic Flow

*Only U.S.-based international carriers indicated in type (except for British Airways).

This huge oval of nine terminals 15 highway miles from midtown Manhattan isn't as difficult to cope with as it's made out to be. True, the tangled roads can be perplexing, though new signs have helped clarify the maze. But around holidays or on summer Sunday afternoons, probably only luck and patience will help.

- **Departures**—Each terminal is named after prime airline it serves, except International Arrivals Building (flights also leave from there). But several airlines may use same terminal. Watch for color-coded signs to airlines and their respective close-in parking (usually $7 a day maximum). Curbside baggage check at all terminals except International, Pan Am/National, and British Airways, but not recommended 2 p.m. to 8 p.m. Use long-term, reduced-rate parking (turn off Van Wyck Expressway almost immediately after entering airport), and ride free bus to terminal. Allow at least 40 minutes from long-term parking to check-in. Call 495-5400 for traffic report. If main entrance is clogged, come in via 150th Street.
- **Connections**—Take buses (with yellow markings) between terminals (75 cents). Distances also walkable.
- **International flights**—One hour and 45 minutes required connection time between international and domestic flights. Baggage rechecked to domestic flights after customs, except at British Airways terminal (carry bags on connections bus or try for taxi in short-haul line).
- **Arrivals**—Take buses (with brown markings) to return to reduced-rate parking. Blue-marked JFK Express bus to Brooklyn or Manhattan (every 20 minutes 5 a.m. to midnight; $3.50). Cary Transportation bus to East Side Airlines Terminal (every 20 minutes, looser night schedule; $4). Other ground transportation outside baggage claim.
- **Food**—Eateries in all terminals. Only cafeteria at International Arrivals open after 10 p.m. for 24-hour service.
- **Lodgings**—TraveLodge on airport property (family rooms, $79). Phone courtesy vans for motels from baggage claim. Most reasonable: Holiday Inn (doubles $54; under 19, free).
- **Help**—Phone 656-5344 for 24-hour clinic. Phone 656-4520 if lost.
- **Detailed literature**—Aviation Consumer Services Division, The Port Authority of NY & NJ, 65 N, One World Trade Center, New York, NY 10048.

continued

TRAVEL GUIDE TO AMERICA'S

BUSIEST AIRPORTS

PHILADELPHIA INTERNATIONAL

First, the good news: Philadelphia International is nearly perfect—four spacious, well-marked, well-organized terminals that provide special services to passengers. But it will be years—if ever—before you can reach this airport without fighting highway construction bottlenecks.

• **Departures**—Allow half an hour for seven-mile trip from city center. Choose garage parking if affordable ($8.50 a day). Allow ten to 15 minutes garage to gate. There's easy curbside checking, too. Then continue to remote parking ($4 a day) and take free shuttle back to concourse. Allow 20 minutes.

• **Connections**—Easy switching between airlines on same or adjoining concourses. Substantial hiking otherwise. Or take the remote-parking shuttle (down escalators and outside). Allow 40 minutes minimum for connection time.

• **International flights**—Hassle-free departures. Figure five minutes between parking next to terminal ($4 long-term rate) and check-in. Returning, customs rarely takes over half an hour. Changing planes, 40 to 60 minutes. Baggage transfer to domestic flights. You ride free bus (ten minutes).

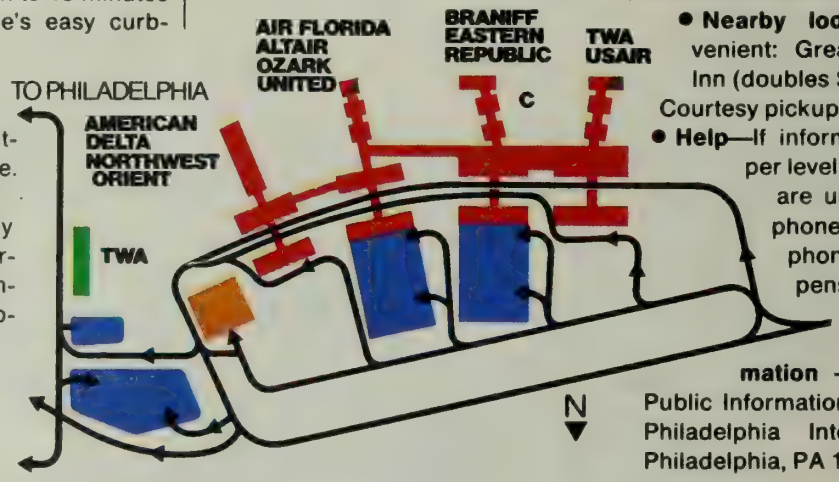
• **Arrivals**—Average 700-foot walk to baggage claim and counters for rental cars and limos, and hotel information boards. Ground transportation and passenger pickups at nearest door. Taxis to center city ($8 to $10); red-and-white Airport Express bus ($1.50); frequent limos to surrounding tri-state area.

• **Food**—Food service every terminal, 24-hour at Terminal C Buffeteria.

• **Nearby lodgings**—Most convenient: Great Western Airport Inn (doubles $40; under 12, free). Courtesy pickup at baggage claim.

• **Help**—If information counters upper level near each concourse are unstaffed, use yellow phones for queries, black phones for paging. Dispensary on upper level Terminal C.

• **Detailed information** — William Malone, Public Information, Aviation Division, Philadelphia International Airport, Philadelphia, PA 19153.



DETROIT METROPOLITAN

Regardless of the direction you come from, no airport is easier to get to than this one. It sits at the hub of freeways that fan out over Michigan into Ohio and Indiana. Not surprisingly, parking services are emphasized—lots of space and low rates. Parking shuttles also take you from your car door to the four structures in the airport complex.

• **Departures** — Curbside-check bags, then circle out of terminal area and follow signs. Garage parking, connected by covered bridges to domestic terminals, $3.50 a day ($21 a week); $2.50 a day ($15 a week) in open main parking lot; $2 a day ($12 a week) in remote east lot.

• **Connections**—Shuttles outside baggage claim on lower level roadway. Figure ten minutes door to door.

Distance between domestic terminals walkable, via enclosed concourse.

• **International flights**—Separate parking ($2.50 a day) and curbside luggage checking. Incoming baggage transfer to connecting domestic flights after customs. Catch white van to appropriate terminal. Figure 30 minutes to an hour connection time.

• **Arrivals**—Take parking shuttle (designated by lots). Then drive back to pick up luggage on lower roadway. Limos to metro area and southern Michigan. Greyhound to downtown ($4.70). Cabs to downtown ($20); to Dearborn ($13); to Pontiac ($30).

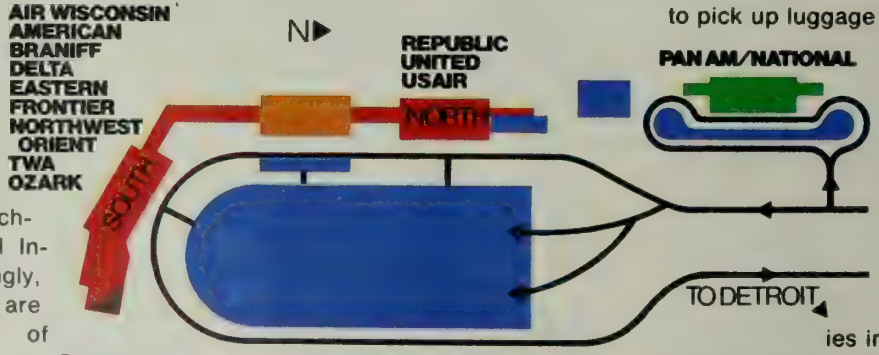
• **Food**—Eateries in all terminals and hotel. Round-the-clock snack bars in domestic terminals.

• **Nearby lodgings**—Shuttle from domestic concourses to airport's Host International Hotel (doubles $51; under 18, free). Pickup at baggage claim for lodgings listed on hotel information board. Lowest priced: Abbey Inn (doubles $24; under 16, free).

• **Help**—Travelers Aid desks in all baggage claim areas.

• **Detailed information**—Daniel Norton, Manager, Detroit Metropolitan Airport, Detroit, MI 48242.

continued



Luba's bag is casual,
contemporary,
hard-working,
and





yes, it's Samsonite.

Coty award-winner Luba has become famous for her classic, uncluttered designs. Her popular coats and suits are always contemporary, never gimmicky.

"My luggage is this Samsonite Sonora® II," Luba says. "I love deep, rich colors, and details that derive from function – like the recessed wheels that won't break off. Travelling with Sonora II is a pleasure."

Samsonite®

TRAVEL GUIDE TO AMERICA'S BUSIEST AIRPORTS

HARTSFIELD ATLANTA INTERNATIONAL

Till a few weeks ago, getting through this airport was unmitigated misery. The makeshift additions had been outgrown, and difficulties and discomforts abounded. But Atlanta's new $500-million twin terminals promise to abolish these pains. When this was written, the facility hadn't opened, so unfortunately we couldn't give it a try. But here's how it's supposed to work:

• **Departures**—Driving, follow signs for your airline (in identical North and South Terminals, linked by mammoth enclosed bridge). Short-term parking ($9 a day) as close as 60 feet to ticket counters. Or curbside-check bags and go to economy long-term parking ($2 a day). Figure 15 minutes by shuttle bus back to terminal, including waiting time. Also regular parking ($5 a day) and premium parking ($1 first hour, $1 a half hour after that).

Escalators to subway system and over-mile-long tunnel, including pedestrian mall, moving sidewalks, and two tramline shuttles. Get off at your concourse (all color keyed), take escalator up to your gate. Considerable walking to gates at ends of 2,000-foot concourses. Allow 20 minutes ticket counter to gate.

• **Connections**—May require 25 minutes to change planes (well within 45-minute-connection-time rule).

• **International flights**—Baggage curbside-checked, and rechecked at customs for domestic connections.

• **Arrival**—Pickups for ground transportation outside baggage claim. Public bus (MARTA) to central Atlanta (50 cents, including transfer to other rapid transit lines); taxis (about $9); limos to downtown motels ($3.50). Rental car counters, limo booths, and hotel information boards on bridge between terminals.

• **Food**—At least one coffee shop or snack bar in every concourse and in terminals always open.

• **Nearby lodgings**—Courtesy vans to nearby chain motels (doubles $40 to $50).

• **Services for handicapped**—Every innovation, including signs with raised lettering for the blind and color codings that color-blind travelers can recognize.

• **Detailed literature**—John F. Braden, Airport Commissioner's Office, Atlanta International Airport, Atlanta, GA 30320.



MIAMI INTERNATIONAL

Three landscaped sun gardens are among recent improvements here, so if you show up early for a flight you can work on a tan. More important, there's now a spanking new international satellite terminal with a shuttle train and an ultramodern Customs and Immigration Building, besides the modern seven-concourse main terminal.

• **Departures**—Curbside-check baggage for most airlines. Follow color-coded/numbered signs for closest parking. Daily parking in shady garages ($3 a day) within easy walk of terminal. Remote economy parking (even cheaper yet and not really remote) in open lot next to Delta (14 days for $25).

• **Connections**—Generally routine, just allow 30 to 40 minutes.

• **International flights**—No curbside check. Most departures from Concourses E and F; arrivals at new satellite, linked to main terminal by elevated shuttle trains. New customs and immigration facility at Concourse E for most carriers. Also customs area on Concourse F for Pan Am/National, which checks bags to domestic flights after customs. Carry bags or get a porter in new building.

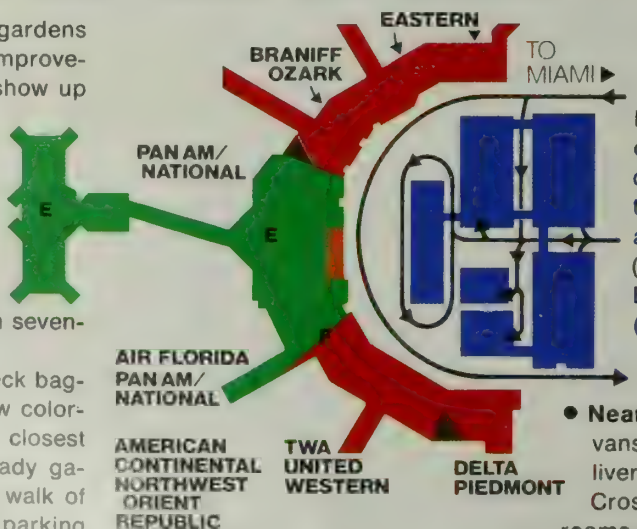
• **Arrivals**—No airport express bus. Regular Miami bus (across from baggage claim) to Miami area (50 to 75 cents exact change). Jitney vans to area motels ($1.60); downtown and cruise port of Dodge Island ($3.75); also Miami Beach, Key Biscayne, and Fort Lauderdale (under $6.50).

• **Food**—Eateries in terminals/satellite. One always open.

• **Nearby lodgings**—No courtesy vans or hotel boards. Jitneys deliver to hotels like Airport Ramada, Crossway Inn, and Airliner (family rooms about $45). See information counters for more hotels. International Airport Hotel in terminal (doubles $49 to $64; kids, $5).

• **Help**—Information and paging counter on upper level Concourse E.

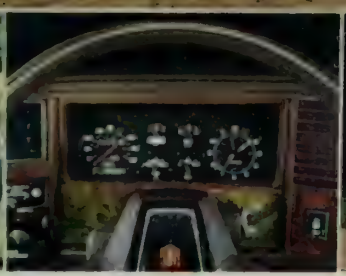
• **Detailed information**—Metro-Dade County Aviation, Public Service, Box 592075, Miami, FL 33159.



continued

A family wagon even a bachelor could love.









It used to be you'd buy a station wagon not so much because you wanted to but because you had to. The family was getting bigger and you simply needed the room.

But times have changed.

People today are buying Chevy Malibu Wagons because they want to. Malibu's trim size makes it agile and easy to drive.

When you get behind the wheel, if you don't look behind you, you're apt to think you're driving a coupe, not a wagon.

When you do turn around, you'll see there's over 71 cubic feet of load space with the rear seat down, easily accessible through Malibu's handy-dandy two-way hatchgate. There is also storage in both wheel wells and underneath the floor.

What we're saying is, while today's trim Malibu Wagon can still handle a load, it can also handle a road. You don't have to have a huge family to appreciate that.

Heck, you don't even have to be married.

Buy or lease it at your Chevy dealer's now.

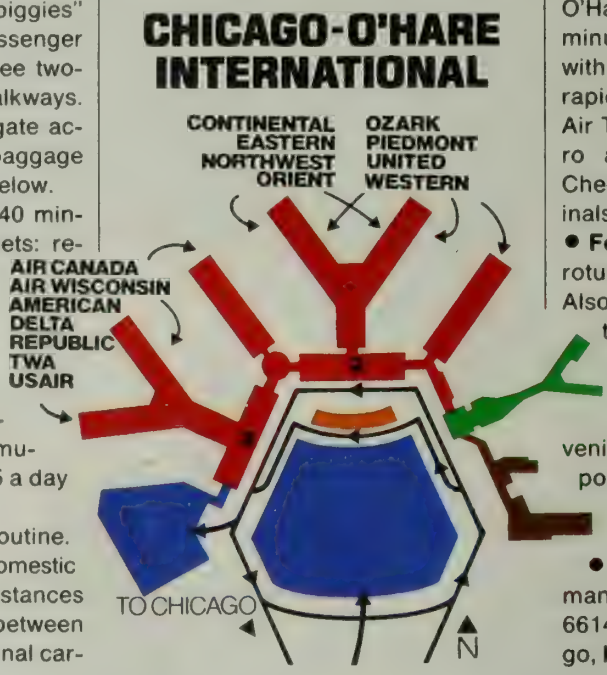
'81 Chevy Malibu Chevrolet

TRAVEL GUIDE TO AMERICA'S BUSIEST AIRPORTS

CHICAGO-O'HARE INTERNATIONAL

The concourses of O'Hare, the world's busiest airport, have been dubbed "Cardiac Alleys." But keep your cool, and you'll find this well-organized airport is one of the least bothersome of the "biggies"—just allow lots of time. Passenger activity is concentrated in three two-level terminals linked by walkways. Ticketing, concessions, and gate access are on the upper level; baggage claim and transportation are below.

- **Departures**—Figure 30 to 40 minutes parking to gate. Best bets: remote parking (shuttles every ten minutes) or roofed garage near terminals. Exceptions: Parking Annex B, convenient for American Airlines; West Parking for international travelers and commuters ($6.15 a day, except $3.15 a day in remote lot C).
- **Connections**—Delays are routine. Connections between major domestic airlines walkable, but distances sometimes lengthy. Transfer between major domestic and international carriers, and major domestic and commuter airlines, on shuttle bus (outside lower level every ten minutes). Figure 30 to 40 minutes to gate.
- **Arrivals**—Buses, taxis, and limos on lower level outside baggage pickup at all except commuter terminals (walk to nearby International Terminal or take commuter shuttle to others).



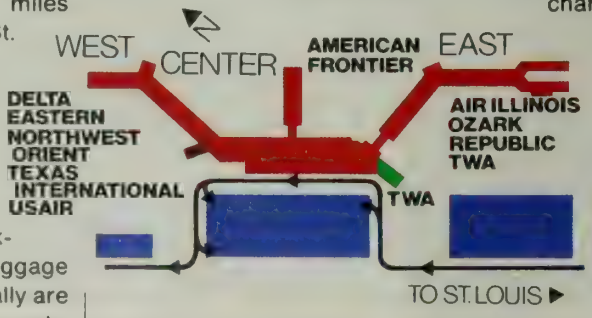
Taxis to the Loop ($15 to $20). O'Harexpress, public bus, every 15 minutes till 10:30 p.m., connecting with other Chicago bus lines and rapid transit (90 cents). Continental Air Transport buses to three key metro areas every half hour ($4.75). Check booths on upper levels Terminals 2 and 3 for bus information.

- **Food**—Concentration of eateries in rotunda between Terminals 2 and 3. Also eateries in all terminals. Round-the-clock service in Terminals 2 and 3. More restaurants in airport's Hilton Hotel.
- **Nearby lodgings**—Most convenient: O'Hare Hilton in center of airport (doubles $62 to $74; kids, free). Courtesy vans to area motels at airport's lower level.
- **Detailed literature**—Dorie Burman, Public Services Director, Box 66142, O'Hare Airport Station, Chicago, IL 60666.

LAMBERT ST. LOUIS INTERNATIONAL

Lambert International, 15 miles northwest of downtown St. Louis, has been undergoing a revamping, which should make it one of the nation's pleasantest airports before long. The terminal consists of a long four-domed building and expanded concourses. The new luggage system is so efficient bags usually are waiting when you reach the carrousels. Soon, moving sidewalks will make connections more convenient.

- **Departures**—Curbside-check luggage with most airlines (also free five-minute parking on yellow level of adjacent garage). Short-term garage parking directly across from terminal more expensive after 24 hours than long-term ($3 a day) or valet parking ($4.50 a day, plus $3 one-time charge). Buses to sheltered long-term parking every ten minutes. Figure 15 to 20 minutes parking to gate. For valet parking, leave car on departure ramp across from terminal doors.



Lighted airport diagrams inside terminal. British Caledonian and Ozark use docks instead of gates, with motorized transporters sometimes carrying passengers to planes.

- **Connections**—Allow 20 minutes between flights. Till moving sidewalks in, half a mile walk possible if connecting between TWA and Eastern.
- **International flights**—No curbside checking or baggage transfer to domestic flights. British Caledonian and charters only international flights here (docks H and I).
- **Arrivals**—Limos, buses, and courtesy cars at far right (Exit 7) as you leave baggage claim. Taxis at far left. Limos to downtown hotels every half hour ($3 to $4) and to key points on west side of metro area ($5.10). Airport Express to downtown bus terminal (75 cents). Taxis to center city ($8 to $10).
- **Food**—At least two snack bars on each concourse, plus restaurant and snack bar at end of terminal (all open 6 a.m. to 10 p.m.).
- **Nearby lodgings**—Motel information boards in baggage claim (most prices $40 to $50 double).
- **Emergencies**—Call 2048 on courtesy phones. First aid station at west end of lower level.
- **Detailed information**—Robert F. Case, Manager of Public Information, St. Louis Airport Authority, Box 10212 Lambert Station, St. Louis, MO 63145.

continued



Funny stage they're at: George is older, but somehow he doesn't quite measure up to kid sister Shirley. "It's a stage," Dad consoles his son. "You'll outgrow it." The kids are growing up. Almost too fast. So, be sure to share those little moments, as well as the big, with faraway friends and family. Just reach out with a phone call, and they're sharing your day.

Bell System

Reach out and touch someone.

TRAVEL GUIDE TO AMERICA'S

BUSIEST AIRPORTS

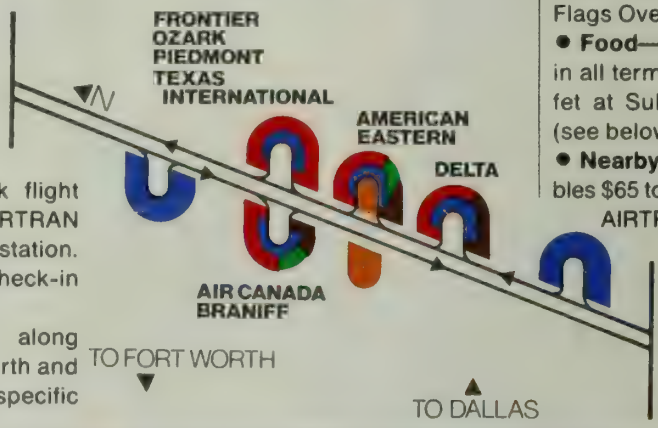
Leave it to Texans to build the nation's largest airport! It's situated halfway between the two cities for which it's named and covers more square miles than the island of Manhattan. Because of this airport's extravagant dimensions, you never feel hemmed in. And, surprisingly, you have to do scarcely any walking. AIRTRANS, electronic trams, run around the airport constantly, dropping off passengers at all four two-level, semicircular terminals near wherever they have to be.

● **AIRTRANS**—Trams run on lower level (have quarter ready for tram turnstile). Routes color coded but not all trams go to all terminals. Multiple boarding areas for Braniff and American. Check flight numbers against boards on AIRTRAN platforms to get off at right station. Escalators and elevators to check-in lobbies and baggage claim.

● **Departures**—Watch signs along main road (length of airport north and south) for parking lots for specific terminals. Close-in lots ($5 a day) within walking range. Remote parking ($2.50 a day), take AIRTRANS. Allow 15 minutes maximum to check-in, including waiting for tram. Planes depart lower level.

● **Connections**—Figure 20 minutes between jetways when changing carriers; ten minutes within a terminal.

DALLAS-FORT WORTH AIRPORT



● **International flights**—Check bags curbside. Park and take AIRTRANS back to terminal. Also take AIRTRANS when making domestic connections. Luggage transfer to domestic flights after customs inspection.

● **Arrival**—Ground transportation at upper level of terminals, outside where arriving passengers deplane and baggage claim. SURTRAN buses to major downtown Dallas and Fort Worth hotels every half hour, hourly in late evening ($5). Taxis $15 to $20 to Dallas and Fort Worth, $12 to $15 to Arlington (Six Flags Over Texas).

● **Food**—Restaurants and snack bars in all terminals. Best lunch: $5.25 buffet at Sullivan's Pub in Amfac Hotel (see below).

● **Nearby lodgings**—Amfac Hotel (doubles $65 to $75; under 12, free) served by AIRTRANS. Courtesy vans to nearby chain motels (doubles $35 to $50).

● **Detailed literature**—Jim Street, Drawer DFW, Dallas-Fort Worth Airport, TX 75261.

Stapleton International, air transportation hub for the Rocky Mountain West, qualifies as a no-headaches airport, even though it's the country's seventh busiest airport. Stapleton's curved design makes distances seem shorter than they are in the one central terminal—a mix of ticket counters, shops, waiting areas, and concourses. What's more, there's a mezzanine lounge for escaping crowds, a moving walkway on the longest concourse, and covered bridges with more moving walkways at least partway to and from your car.

● **Departures**—Allow 30 minutes between parking and departure gate. Curbside-check luggage. Then park in shuttle bus parking (on right as return onto one-way airport road; $3 a day) or in adjoining parking (left little farther on beside multistory garage facing terminal; same price).

● **Connections**—Airline names on all concourses. Commuter airlines to ski resorts on Concourse A.

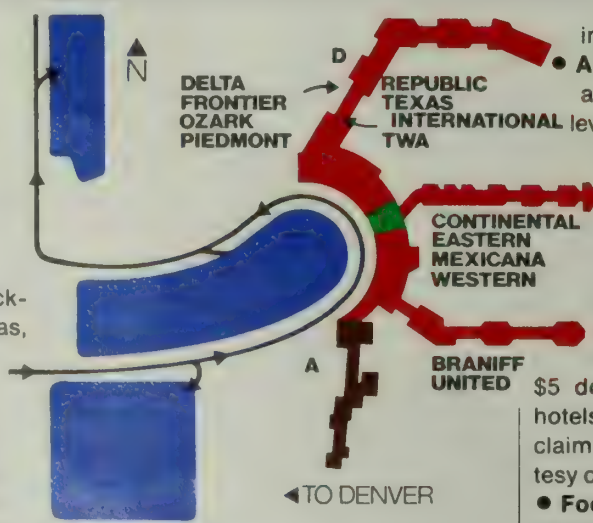
● **International flights**—Carry bags to domestic flights connecting with Mexicana. Bags checked through on incoming flights from Canada.

● **Arrivals**—Arrange limos to ski areas at counter on baggage claim level below access to Concourse D ($16 to $22 per person). Buses downtown (50 cents), to Boulder ($1.25, about every hour), and to Vail, Aspen, and other points (several a day) from platform across terminal road in center of parking structure. Taxis at baggage claim curb (about $5 downtown). Limos to center-city hotels ($2.60) Door 5 of baggage claim. Car rental vans and motel courtesy cars at each end of terminal.

● **Food**—Restaurant and cafeteria in terminal. Snack bars on all concourses (one always open).

● **Nearby lodgings**—Hotel information boards in baggage claim for contacting courtesy vans to nearby motels (most in $50 double range).

● **Detailed information**—Robert Stapp, Public Affairs, Stapleton International Airport, Denver, CO 80207.



STAPLETON INTERNATIONAL

DENVER

continued



Only Tareyton has the best filter!

For a taste too good to be 5.

Why the best? Because Tareyton's unique charcoal filter means taste that's smooth. It means flavor that's distinctive. It means that no other cigarette is quite like Tareyton.





TAREYTON LIGHTS

5 mg. tar
0.4 mg. nic.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

5 mg. "tar", 0.4 mg. nicotine av. per cigarette by FTC method.

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Purina introduces Hero™



HERO ADULT FOOD
For the special nutritional needs of large breed dogs

HERO GROWTH FOOD
For the special nutritional needs of large breed puppies

The only dry dog foods made for large breed dogs.

HERO ADULT FOOD:
HERO Adult Food provides the optimum balance of vitamins, minerals, protein and energy, to satisfy the special nutritional needs of a large breed adult dog. It offers both a hearty flavor and a special balance of all forty-three vital nutrients. This complete and balanced Adult Food is formulated to follow HERO Growth Food. It also helps avoid the digestive problems occasionally caused by the change from puppy to adult food.



HERO GROWTH FOOD, FOR LARGE BREED PUPPIES:
HERO Growth Food is made to satisfy the special nutritional needs of a large breed puppy during the important first eighteen months of his life. It provides a full range of vitamins, along with an optimum balance of all forty-three vital nutrients (including calcium and phosphorous) to help a large breed puppy develop a strong bone structure.

HERO Adult Food is available in 5 lb., 10 lb., 25 lb. and 50 lb. bags.

HERO Growth Food is available in 5 lb., 10 lb. and 25 lb. bags.

PURINA

TRAVEL GUIDE TO AMERICA'S

BUSIEST AIRPORTS

For the next couple of years, think of San Francisco International as two airports. The new North Terminal is an ultramodern delight. United, Eastern, Air Canada, Golden Gate, Air California, and Aspen use it. But other airlines fly out of the older and smaller Central and South Terminals, which are being renovated. All this means confusion and delays.

● **Departures**—Call 877-0123 for parking information. Except at peak hours, usually space in central garage ($6 a day), connected by covered walkway bridges and tunnels to terminals. Curbside-check luggage (white curbs) for economy parking, served by free shuttles. Allow 30 minutes from parking to North Terminal, 45 minutes to others (add 20 minutes in peak periods). Concourses called piers or boarding areas.

● **Connections** — Connecting flights on same pier important here. Distance between Central and South Terminals walkable, or take free brown-striped shuttle. Use shuttle for North Terminal.

● **International flights**—Luggage curbside checked on departure, transferred to connections on arrival. Flights from Pier G, near first entrance when driving onto departure ramp. Transfer time to domestic flights about 90 minutes.

● **Arrivals**—Only shuttles, rental car and motel courtesy vans on departure level (up from baggage claim). Public transportation and pickup by personal car, lower level. Good Airporter Coach service downtown ($2.50), but not to other bay area cities. Greyhound/Sams Trans to peninsula points (ticket booth on arrival level Central Terminal). Limos to East Bay, Marin County, and Napa. Transportation counters in baggage claim.

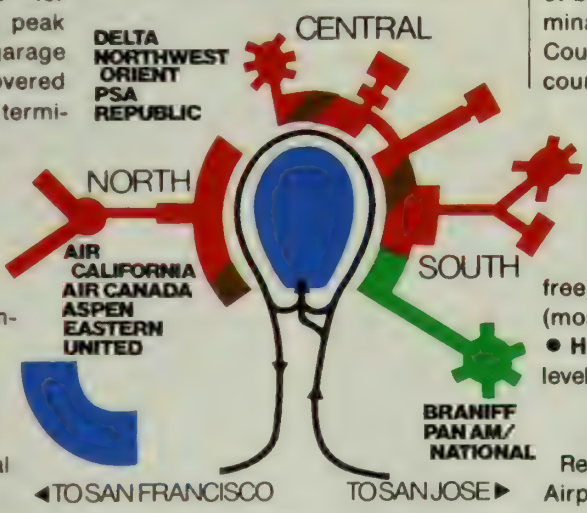
● **Food**—Eateries all terminals (one always open).

● **Nearby lodgings**—Nearby Airport Hilton ($56 to $70 double; kids, free). Hotel boards in baggage claim (most rates $40 to $60 double).

● **Help**—Information kiosks on both levels. Medical clinic (7-0444) on white courtesy phones.

● **Detailed information**—Public Relations, San Francisco International Airport, San Francisco, CA 94128.

SAN FRANCISCO INTERNATIONAL



Once you're inside a terminal, this airport presents no special problem. Terminals surround parking areas and the uniquely arched Theme Building in this U-shaped complex. But getting to LAX can seem impossible. The road is often completely clogged.

● **Departures**—Avoid traffic free-for-all for curbside baggage check. Park in long-term VSP lot ($1.50 a day), C ($2 a day), or A ($4 a day). Board free shuttles. Allow two hours parking to plane. More parking in remote West Imperial lot ($2 a day, 50 cents in winter). For traffic report, tune 530 AM as you approach.

● **Connections**—Airline Connections bus, but walking often faster. Allow at least an hour between domestic flights. Links between underground concourses at southside terminals facilitate switching gate structures.

● **International flights**—Easy walk between international Terminal 2 and Terminal 3. Bags usually transferred after customs. Minimum two and a half hours for domestic connections.

● **Arrivals**—Parking shuttles (lettered like lots) from traffic islands across from baggage claim. Free three-hour parking in lots C and VSP to pick up passengers. Airport Service buses to downtown and area communities, including Anaheim (Disneyland). Tickets at booths outside baggage claim and on buses. Taxis at islands. Connect to city bus via minibus from RTD signs on islands (exact fares to $1.55). For routing, phone 626-4455.

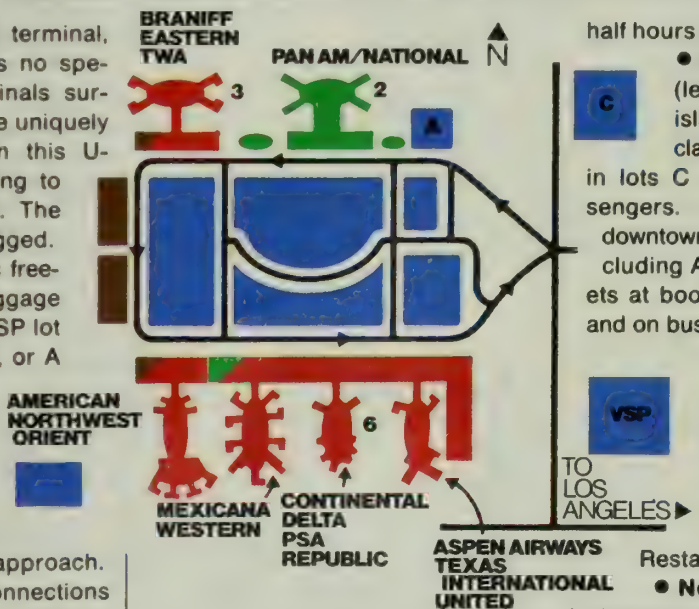
● **Food**—Coffee shops in satellites. Snack bar in Terminal 6 always open. Restaurant atop Theme Building.

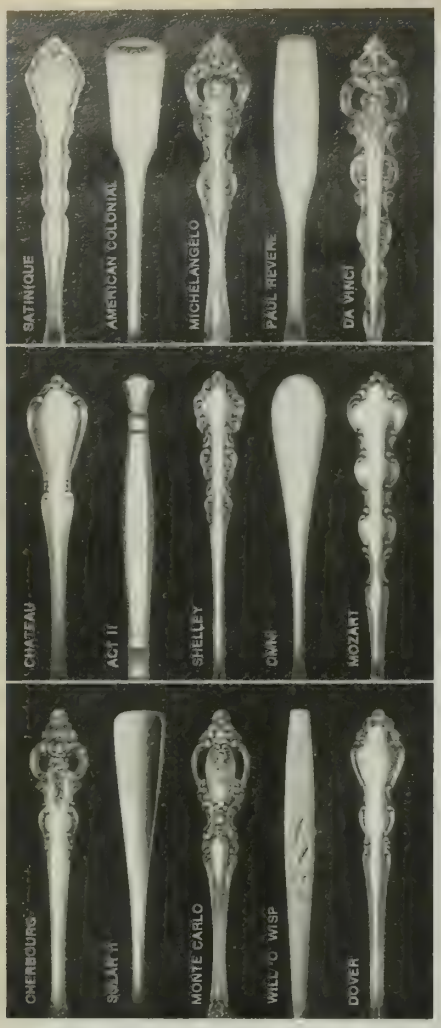
● **Nearby lodgings**—Among cheapest with pickup: Holiday Inn and TraveLodge ($50 double range). Hotel boards in baggage claim.

● **Detailed information**—Virginia Black, Department of Airports, 1 World Way, Los Angeles, CA 90009.

continued

LOS ANGELES INTERNATIONAL





Christmas sampler $1.

Oneida Sample Center
P.O. Box 9777, New Brighton MN 55197

Great beginnings start with Oneida stainless. Please send me a sample stainless teaspoon in the pattern(s) I have checked. I am enclosing $1. for each spoon ordered. Complete services can be purchased at fine stores everywhere. Offer is limited to a choice of up to three spoons, one spoon per pattern.

- ☐ ACT II
- ☐ AMERICAN COLONIAL
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- ☐ DA VINCI
- ☐ DOVER
- ☐ MICHELANGELO
- ☐ MONTE CARLO
- ☐ MOZART
- ☐ OMNI
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Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 6/30/81. 1M-1110

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continued

Busiest airports

Being familiar with the basics of any big airport you're traveling through is bound to make that airport more manageable when you get there. And you can further improve your chances of getting speedily on your way by following a few guidelines that apply to most major airports everywhere.

Departure timing

When you make reservations, ask how far ahead of time to check in for your flight. Then add an extra ten minutes as a buffer—20 minutes during holiday weekends and vacation season, or anytime traffic is likely to be heavy.

Terminal parking

Park your car after you've dropped off your family and bags at the terminal (exceptions: Los Angeles International and New York's John F. Kennedy airports). Less costly long-term parking lots are generally a considerable distance from terminals, and though there's usually a shuttle service, transporting kit and kids from the lot to the terminal lobby can still be quite a hassle.

Many airports have telephone numbers you can call for recorded information about traffic conditions and parking availability. Some airports (like previously noted Los Angeles and Atlanta) even have special-frequency radio broadcasts you can tune in on your car radio as you approach.

Security check

Hand-carried luggage must be checked by security before you board the plane. You'll have to walk through a metal detector (remove all metallic items from your pockets beforehand so you won't have to repeat the process). Ask that your photographic film be inspected by hand. Airlines insist that new security machines won't fog film, but it's best to play it safe.

Plane changes

After arriving at the airport where you're to switch planes, ask the agent at the gate for directions to your connecting flight. If you're continuing on the same airline, he or she will give you the gate number (or you can look it up on the nearest television monitor). If you're transferring to another airline, the agent will be able to steer you to the appropriate terminal or concourse (where you can check the gate on your connecting airline's monitors). If time between flights is short, ask the gate agent to expedite your transfer.

Arrival information

When you get off the plane at your destination, follow the signs to the baggage area. Information and services related to your arrival are there: limo and bus line counters, car rental booths, and wall boards with direct phones to local hotels and motels that provide courtesy car pickup. At some lodgings, travelers with long waits between flights are offered use of rooms, swimming pools, and such at reasonable day rates.

Ground transportation

Don't assume you must grab a cab or rent a car at your destination. Most airports have good limousine service to downtown and other key areas, and some offer convenient public transportation at very reasonable rates. If you do opt for a cab, make sure you know the general fare structure and directions to wherever you want to go. Rely on the taxi dispatcher—when there is one—to get you a cab (no tip required). Steer clear of "prowling" taxi drivers who may take advantage of travelers unfamiliar with the area.

Missing luggage

If your luggage doesn't show up when you do, ask a porter to direct you to your airline's lost-baggage office. Chances are your missing bags will arrive on a later flight, in which case the airline will forward them to wherever you're going (at the airline's expense). If your bags don't show up, automatic insurance covers most ordinary losses. It's wise to get additional coverage for especially valuable items before you start out.

International flights

Going abroad? Although you may not be able to check your luggage at the curb, drop your bags and family at the terminal before parking your car.

continued



No-Wax Floor

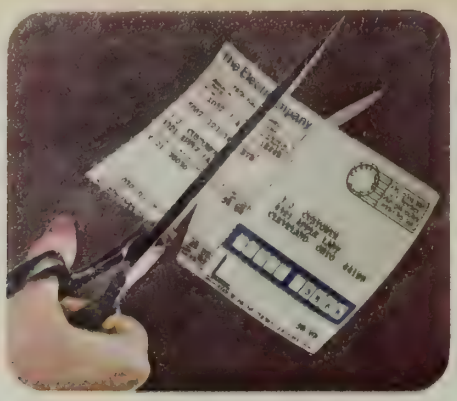


Regular Floor

"When my no-wax floor started to look dull... Mop & Glo brought it back to beautiful."



"Mop & Glo cleans and shines my regular floor... It's as easy as damp mopping."



HOW KITCHENAID CAN SAVE YOU 10% OR MORE ON WATER HEATING COSTS.

Other than your central heating and cooling system, nothing in your home consumes more energy than your water heater.



That's mainly because of your dishwasher.

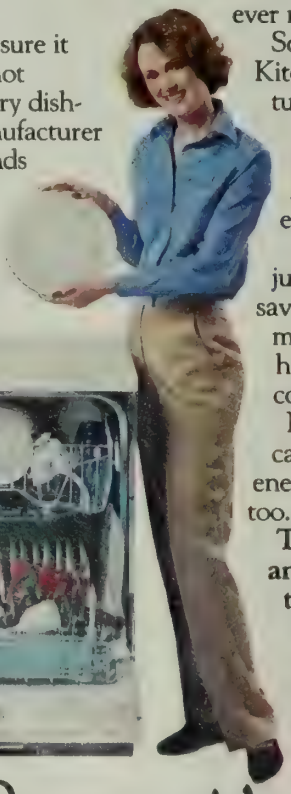
To make sure it gets water hot enough, every dishwasher manufacturer (except KitchenAid) recommends you keep your water heater set at 140 degrees or higher.

In most cases, that's much higher than you need for any other home hot water use.

(A good, hot shower, for instance, is about 110 degrees.)

But now all KitchenAid Energy Saver IV Dishwashers—and only KitchenAid Energy Saver IV Dishwashers—automatically heat their own water to the right temperature in every complete cycle for sparkling clean, sanitized dishes.

And, surprisingly enough, using 120 degree input water, our new dishwasher uses less energy to operate than any dishwashers we've ever made.



So now, with KitchenAid, you can turn down your water heater. Keep it set considerably lower. And save money and energy.

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Now, KitchenAid can help save you energy and money, too.

To find out more, and get the name of the participating KitchenAid dealer nearest you, call toll free (800) 447-4700. In Illinois, call (800) 322-4400.



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continued

Busiest airports

When leaving the U.S., you can check your bags through to your foreign destination even if you start out on a domestic flight. That's also how it generally works on the return trip—say London to Omaha—but not always. At some airports, customs inspections require that you pick up and then recheck your luggage between foreign and domestic legs of a trip. Even without this troublesome luggage transfer, customs checks can take hours—particularly in the peak tourist season—so be sure to allow ample time for getting through customs when making connections.

Airport shopping

Prices in airport shops are almost sure to be higher—and in some cities, scandalously so—than in other local stores. The same applies to many airport restaurants and duty-free shops at international terminals.

Paging how-to

If you're separated from your family or can't find people who were to meet you, go to your airline's nearest counter and have them paged. If you're paged, go to the announced location, or ask an airline attendant if you can use a paging phone to answer the call.

Emergency assistance

Turn to the nearest airport attendant for help with directions and such. In times of trouble, Travelers Aid Society representatives, located in some 60 airports across the country, can provide almost everything—from information to pocket money, if you can prove you're a good risk. But in case of a real emergency, contact airport security.

Services for the handicapped

With advance notice, all airlines will provide wheelchairs for travelers, as well as assistance in boarding and transferring between connecting flights. Special rest room facilities for wheelchair travelers also are designated in every terminal. You can ask any airport attendant for more information.

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Tonka's big Strong Arm gets a kid involved!

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Tonka

Built Tonka-tough just for fun.

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

ENERGY-SMART WINDOW COVERINGS

Page 41: Suggested reading—*Thermal Shutters and Shades,* by William A. Shurcliff, Brick House Publishing Co., 34 Essex St., Andover, MA 01810 (Soft-cover—$12.95, Hard-cover—$24.50). *Movable Insulation,* by William K. Langdon, Rodale Press, Emmaus, PA 18049 (Soft-cover—$9.95, Hard-cover—$14.95).

Page 41: Shade "Sun Quilt"—Sun Quilt Corp., P.O. Box 374, Newport, NH 03773.

Page 42 (top): Shutter—Insul Shutter, P.O. Box 338, 401 Main St., Silt, CO 81652. (Bottom): Draperies "windowBlanket"—windowBlanket Co., Inc., Rt. 7, Box 322A, Lenoir City, TN 37771.

Page 43: Shade "Thermo-Shade"—Solar Energy Components, Inc., 212 Welsh Pool Rd., Lionville, PA 19353.

Page 44 (top): Pop-in panel—Energy Industries, 2010 N. Redwood Dr., Rt. 1, Independence, MO 64050. (Bottom): Drapery liner—Wind-N-Sun Shield, Inc., 464 N. Harbor City Blvd., P.O. Box 1434-EG, Melbourne, FL 32935.

Page 45: Shade "Independence I"—Independent Systems Corp., P.O. Box 329, Durham, CT 06422.

OPEN PLAN KITCHEN

Pages 46-47: Refrigerator—Sears, Roebuck and Co., Sears Tower, Chicago, IL 60684. Cookware "Magnalite Professional"—General Housewares Co., P.O. Box 4066, Terre Haute, IN 47804. Flooring—American Olean Tile Co., Div. of National Gypsum Co., Lansdale, PA 19466. Blue tile—Heath Ceramics, Inc., 400 Gate 5 Rd., Sausalito, CA 94965.

Page 48 (upper right): Bar sink—Kohler Co., Kohler, WI 53044. Small refrigerator—Scotsman Ice Systems, Queen Products Div., 505 Front St., Albert Lea, MN 56007. (Below): Spice turntable—Rubbermaid, Inc., 1147 Akron Rd., Wooster, OH 44691. Mixer—KitchenAid, Div. of The Hobart Mfg. Co., Penn Ave., Troy, OH 45374.

Page 49: China "Fitzhugh"—Spode, 11 E. 26th St., New York, NY 10010. Everyday stoneware "Clover"—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, NJ 08873. Recessed lighting—Halo Lighting, Div. of McGraw-Edison, 400 Busse Rd., Elk Grove Village, IL 60007.

Page 50 (center): Drop-in range—Sears, Roebuck and Co. (address above). Laminate "Antique White"—WilsonArt, 600 General Bruce Dr., Temple, TX 76501. Sink—Kohler Co. (address above). Microwave—Tappan Appliance Group, Tappan Park, Mansfield, OH 44901. (Below right): Dishwasher—KitchenAid, Div. of the Hobart Mfg. Co. (address above).

Page 51: Chairs—Wood Stock Ltd., 840 First St., West Des Moines, IA 50313. Silver "Fairfax"—Gorham Silver Co., 333 Adelaide Ave., Providence, RI 02907. Track lights "Power Trac"—Halo Lighting, Div. of McGraw-Edison (address above). Woodstove "Morso"—Southport Stoves, Div. of Howell Corp., 959 Main St., Stratford, CT 06497.

30 HERITAGE DOLLS

Page 109: Dollhouse "San Francisco Townhouse"—Bazaar Americana, 104 5th St., West Des Moines, IA 50265. Wrapping paper—Family Line,



Inc., 804 Burr Oak Dr., Westmont, IL 60559. Ribbon—C. M. Offray & Son, Inc., 261 Madison Ave., New York, NY 10016. Embroidery floss—D.M.C., 107 Trumbull St., Elizabeth, NJ 07206. Blouse "The Gibson Girl"—Folkwear Patterns, P.O. Box 3798, San Rafael, CA 94902. Braided rug—Mountain Rug Mills, P.O. Box 188, Fletcher, NC 28732. Wallpaper—Schumacher, 939 3rd Ave., New York, NY 10022. Fabric paints "Liquitex"—Permanent Pigments, Inc., 5120 Lester Rd., Cincinnati, OH 45212 and "Shiva"—Shiva Artists Colors, Inc., Tenth and Monroe Sts., Paducah, KY 42001

Pages 110-111 "The Pioneers": Ribbon—C. M. Offray & Son, Inc. (address above). Embroidery floss—D.M.C. (address above). Wallpaper—Marimekko by Motif Designs, 1944 Palmer Ave., Larchmount, NY 10538. Tins and baskets—Bachman's, 6010 Lyndale Ave., S., Minneapolis, MN 55419. Fabric paint—"Liquitex" (address above) and "Shiva" (address above).

"The Colonials": Wrapping paper—Family Line, Inc. (address above). Ribbon—C. M. Offray & Son, Inc. (address above). Embroidery floss—D.M.C. (address above). Fabric paints—"Liquitex" (address above) and "Shiva" (address above). Miniature chairs—B. Shackman & Co., 85 Fifth Ave., New York, NY 10003

"The Victorians": Dollhouse "San Francisco Townhouse" (address above). Wrapping paper—Family Line, Inc. (address above). Ribbon—C. M. Offray & Son, Inc. (address above). Embroidery floss "Zwicky"—Unger, 230 5th Ave., New York, NY 10001. Wallpaper—Waverly Decorative Fabrics, 58 W. 40th St., New York, NY 10018. Fabric paint—"Liquitex" (address above) and "Shiva" (address above).

HOW TO SPRUCE UP A SPLIT-LEVEL

Page 120: Wall covering—Wall-Tex Miniatures, Columbus Coated Fabrics, 1280 North Grant Ave., Columbus, OH 43216. Woodwork paint—Pratt & Lambert, 75 Tonawanda, Box 22, Buffalo, NY 14240. Furniture—Trend Line, Div. of Mohasco, Box 188, Hickory, NC 28601. Sofa and love seat fabric (of Herculon olefin fiber)—Trend line (see address above). Carpet "Estrella" (of Anso-X Nylon by Allied Chemical Co.)—Alexander Smith, 57 Lyon St., Amsterdam, NY 12010. Counter top—Formica Corp., Berdan Ave., Wayne, NJ 07470. Pharmacy lamp—Alsy, 270 Duffy Ave., Hicksville, NY 11801. Ceiling light in entry hall—Halo Lighting, Div. of McGraw Edison, 400 Busse Rd., Elk Grove Village, IL 60007.

Page 121: Wall covering—Wall-Tex Miniatures (address above). Carpet "Estrella" (of Anso-X Nylon by Allied Chemical Co.)—Alexander Smith (address above). Hooks—Azuma, 415 Fifth Ave., New York, NY 10016.

Page 122: Wall coverings on walls, closet doors, cabinet doors—Wall-Tex Miniatures (address above). Furniture—Trend Line, Div. of Mohasco (address above). Pottery lamp—The Salem Craftsmen's Guild, Three Alvin Place, Upper Montclair, NJ 07043. Decanters, tray, pitcher, glasses, baskets—Conran's, 145 Huguenot St., New Rochelle, NY 10801. Stereo—Panasonic, One Panasonic Way, Secaucus, NJ 07094.

Page 123 (top): Wall coverings and coordinating fabric on chairs—Wall-Tex Miniatures (address above). Carpet "Estrella" (of Anso-X Nylon by Allied Chemical Co.)—Alexander Smith (address above). Table and chairs—Chromcraft Furniture, Div. of Mohasco, One Quality Lane, Senatobia, MS 38668. Counter top and shelves—Formica Corp. (address above). Dinnerware, flatware, pitchers, glasses, closed baskets—Conran's (address above). Tablecloths, napkins, napkin rings—Linens by Vera Inc., 417 Fifth Avenue, New York, NY 10016. Wood service plates—Williams-Sonoma, 532 Sutter St., San Francisco, CA 94102. Fabric banners—Scruggs/Myers & Associates, Four Squirrelwood Rd., West Paterson, NJ 07424. Shelf light and wall fixtures—Halo Lighting, Div. of McGraw Edison (address above). (Bottom): Wall coverings on walls, closet doors and interiors—Wall-Tex Miniatures (address above). Cane chairs—Otto Gerdau, 82 Wall St., New York, NY 10005.

AMERICAN CLASSICS

Page 124: Large and small glass bowls—Williams-Sonoma, 532 Sutter Street, San Francisco, CA 94102.

Page 128: Dutch oven—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, NJ 08873. Glass mug—Libbey Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, OH 43693.

Page 131: Pie plate—The Pfaltzgraff Co., 140 E. Market St., York, PA 17401.

PRIZE TESTED RECIPES

Page 155 (left): Mugs "Milkstone"—Trend-Pacific Inc., 2817 S. Hill St., Los Angeles, CA 90007. Spatula—Hoan Products Ltd., 615 E. Crecent Ave., Ramsey, NJ 07446. (Right): Serving spoon "Madison"—International Silver Co., 500 S. Broad St., Meriden, CT 06450.

Page 156 (left): Stoneware baker—Copco Inc., 11 E. 26 St., New York, NY 10010. Spoon "Cia"—Trend-Pacific Inc. (address above). Board—Alper Wooden Bowl Co., Hedges Pond Rd., Cedarville, MA 02360. Basket—Williams-Sonoma, 532 Sutter St., San Francisco, CA 94102. (Center left): Pie plate—Horchow Collection, P.O. Box 34257, Dallas, TX 75234. (Center right): Plate "Sumetsuke"—Noritake, Inc., Graphic Distribution Center, 1538 Merchandise Mart, Chicago, IL 60654. Forks "Happy Day"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. (Right): Breadboard—Pier I Imports, 2520 W. Freeway, Fort Worth, TX 76102. Knife—Ekco Housewares Co., 9234 W. Belmont Ave., Franklin Park, IL 60131.



Judy Crawford

How to Winterize Your Dog's House

As you ready your own house for winter, don't overlook your dog's quarters. Making just a few simple improvements—with materials you probably already have around your home—can ensure your outdoor dog's comfort this winter.

Switching locations

1. First, place your dog's house in a sheltered spot on the south side of your home or another building. Then turn the doghouse so the entrance faces southeast—to keep out cold north winds and to expose the inside to as much sun as possible.

Repairing the exterior

2. Next, check the exterior of the doghouse to see that it's draft-proof and waterproof. Caulk any cracks you find in roof or walls, and be sure to nail down or replace loose boards and to replace bad shingles. Cover building seams with metal flashing for added cold weather protection.

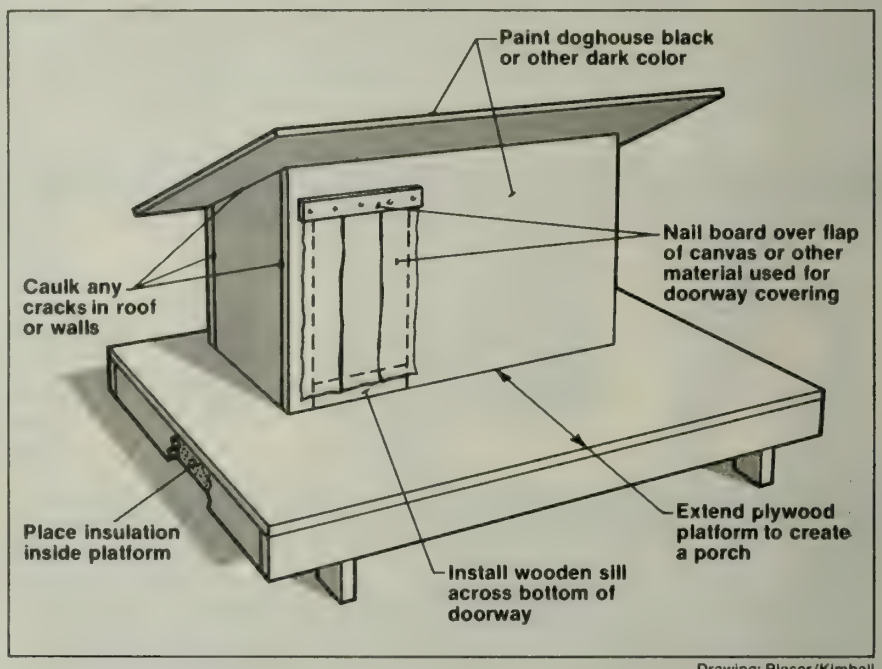
To help ward off blasts from wintry winds, put a flap of heavy canvas, burlap, vinyl upholstery fabric, or other flexible material over the door. For maximum protection, use three or four layers of material cut a bit larger than the doorway. Then make about four slits in each layer, staggering them so they're in different places in each piece of material.

Next, position the layers over the door and nail a board across the top of the layered fabric. On warm days, you can tack up the door flap so the sun and fresh air can get inside the house. (You may need to acquaint your dog with how the flap works, if he isn't accustomed to having a door of any kind on his house.)

A two- or three-inch-high wooden sill nailed across the bottom of the door also helps keep out drafts and moisture.

Adding a platform

3. A good way to keep your dog high and dry is to raise his house a few inches off the ground. That way dampness can't seep in, and most of the house will be above the level of accumulating snow. In addition, the air circulating underneath the house will help keep the floor dry.



Drawing: Blaser/Kimball

You can construct a sturdy platform of plywood, bricks, or concrete blocks under the doghouse floor. If you decide on a wooden platform, build it with a double floor so there's space in between that can be filled with insulation. Just make certain the insulation is completely encased—out of your pet's reach. Extending the platform beyond the doghouse also provides a dry porch where your dog can relax off the damp ground. If you choose bricks or concrete blocks for your platform, leave a few inches of space between them for air circulation (provided the doghouse floor is well insulated).

Applying a new coat of paint

4. For added warmth, give your pet's house—including the roof, if it isn't shingled—a new coat of lead-free paint in black or another dark color. A dark-colored doghouse stays warmer in winter than one that's painted white or a light color. A new coat of paint also acts as a sealer to help keep moisture out of the house.

Readying the inside

5. Scrub your dog's house thoroughly (floor, walls, and ceiling) with a disinfectant. Then spray the inside with an insecticide (follow instructions on the label carefully and avoid saturating the house) to stop parasites from moving in. Just be sure to pick a warm day when your dog won't need his house so it will have time to dry out before your pet goes back inside.

After the inside is dry, put clean bedding material on the floor. Use straw, wood shavings (preferably pine or cedar), or soft grass hay—about a couple of inches deep. These materials are easiest to keep dry, and your dog can burrow into them to keep warm. To discourage fleas, ticks, and other parasites, replace the bedding material every week or so (and don't skimp on the quantity!). If you use old carpeting, blankets, or towels for your pet's bed, make sure they're kept dry (these materials tend to retain moisture and may

continued



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Better Homes and Gardens Books

WHEREVER BOOKS ARE SOLD

continued

Winterized doghouse

even freeze). Again, a once-a-week cleaning is essential to prevent the possibility of parasites.

Considering a new doghouse

If you're thinking about building or buying a new doghouse, here are a few tips to keep in mind.

- For maximum warmth, make sure the house is just big enough for your dog to turn around and lie down in. You can determine the right size by measuring the distance from your dog's shoulders to the ground and multiplying that figure by 36 square inches. The total will be the number of square inches of floor space he'll need. To find out how high the ceiling in the house should be, measure from the top of your pet's ears or head (whichever is highest) to the ground when he's sitting. Then add a couple of inches.
- Check the inside of the house for exposed nails or bolts. They can conduct cold air into your pet's quarters.
- Be sure the door of the house is off-center. Then consider adding an inside baffle wall at a right angle to the doorway—extending the panel about halfway across the house. That way your pet can curl up in a corner inside and avoid chilly drafts.
- Build a wooden floor for the house instead of setting it on the concrete slab of a porch or patio or dog kennel floor. Wood stays drier and warmer.
- For easy access when you clean the house, make sure the roof is slightly sloped in one direction (not peaked) and hinged on one side.

Cold-weather dog care tips

- Feed your dog two or three times a day (he can't get enough calories at just one feeding to keep warm).
- Go easy on baths, which tend to dry out your dog's skin and coat. Instead, brush your dog once a day.
- Clip hair from between your dog's toes and footpads. Then wash and dry his feet after romps in the snow to prevent irritation from chemical snow melters and from ice and snow that may have become lodged between his footpads.

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Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next June. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Fish and Seafood Entrées

Your main dish idea could call for any fish or seafood that's fresh, frozen, or canned. Is yours an inexpensive adaptation of a classic? Hints: **sweet 'n sour tuna, turbot-vegetable stroganoff, broiled squid with pineapple.**

Mushroom Side Dishes

Enter any side dish that features fresh, frozen, canned, or dried mushrooms. Do you make a low-calorie marinade for mushrooms? Tips: **cheesy mushroom soufflé, mushroom-tomato stir-fry, baked tarragon mushrooms.**

THIS MONTH'S WINNERS

(See recipes on pages 155 and 156.)

Cooks-of-the-Month

Mrs. Audrey Kovalak, Springfield, Va.
Mrs. Flora B. Rippstein, Apple Valley, Calif.

Runners-up

Mrs. Joseph D. Comer, Churchville, Md.
Sherry McConnell, Panama City, Fla.
Linda Roscoe, Youngstown, Ohio
Mrs. William Strieber, Crofton, Md.

Honor Roll

Keri Albright, Aurora, Oreg.
Esther Gauthier, Tamarack, Minn.
Mrs. Rose Ann Haas, Erie, Pa.
Joyce Kieffner, Corvallis, Oreg.
Marlene Kroll, Chicago, Ill.
Anne Norton, New York, N.Y.
Kerry Russell, La Canada, Calif.
Sheila Schlisser, Tenafly, N.J.
Sandra Schorske, Santa Rosa, Calif.
Ann Skvarek, Pomona, Calif.

FOOD



Fish and Seafood Entrées

Mushroom Side Dishes

Have you come up with a tasty entrée that features fish or seafood? Do you have a favorite side dish that you make with mushrooms? Send us your recipes—you could be a winner next June. Two Cooks-of-the-

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "June Fish and Seafood Entrées" or "June Mushroom Side Dishes."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, November 30. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8011 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**

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GENERAL FOODS

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NEW IDEAS

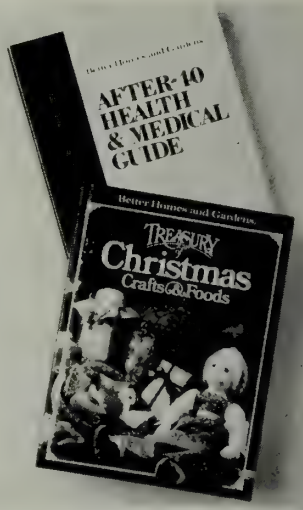
A HEALTH AND MEDICAL GUIDE FOR OVER 40s

It's hard to believe, but although a third of the population is over 40, there's never been a truly complete health and medical guide written especially for them. Most existing books tend to generalize and gloss over the important topics of interest to middle-aged and older people. But the new *After-40 Health and Medical Guide* from Better Homes and Gardens® neatly fills the gap.

As people move into their middle years and beyond, there are adjustments to be made, new feelings to be understood and different health problems to be dealt with. This authoritative, 480-page guide (it was written by 17 of America's most eminent specialists and medical writers) helps you meet and understand these special challenges, and encourages you to make your summer and autumn years among the very best years of your life.

The After-40 Health and Medical Guide covers in depth a range of topics that will help you know and understand your body and how it works, as well as your attitudes and emotions. You'll learn about diet and exercise, about your heart, brain, and all the other important organs and systems of your body. And there are chapters on subjects like emotions and sex in maturity, and problems unique to women. You'll find this book a constant companion, ready to answer your questions with friendly, informative text and invitingly clear illustrations.

Your middle and later years should be content and happy ones. After all, as distinguished editor Donald Cooley says in his introduction, "Older people are just younger people who have lived longer." And living is what this book is all about. If you — or someone you love — are over 40, and you care about your health and well-being, this is a guide you should not be without. The *After-40 Health and Medical Guide* is at your bookseller, priced at $24.95.



THIS YEAR, HAVE A MERRY *HOMEMADE* CHRISTMAS.

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The *Treasury of Christmas Crafts and Foods* is sheer delight just to pick up and leaf through. But it really comes into its own when you put it to work helping you recapture the traditional warmth and joy of a truly homemade Christmas. It's a great value at only $18.95, especially considering how many hours of rewarding fun it will provide — and how much you can save by buying fewer ready-made gifts and decorations this Christmas.

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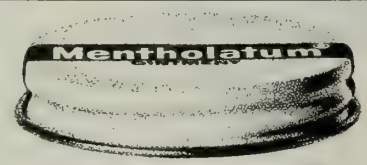
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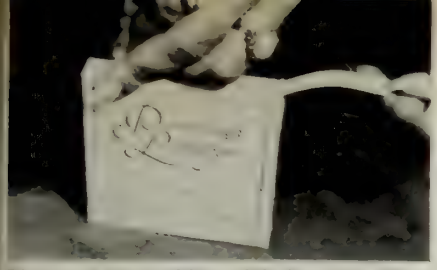
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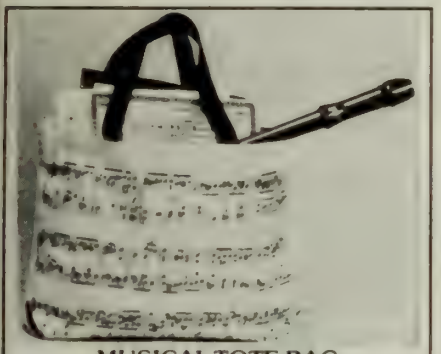




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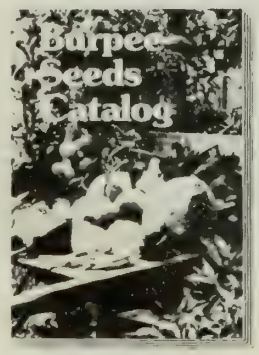
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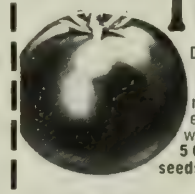
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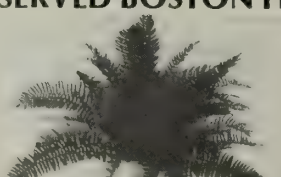
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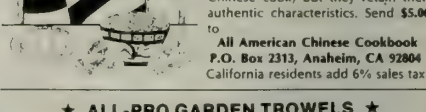


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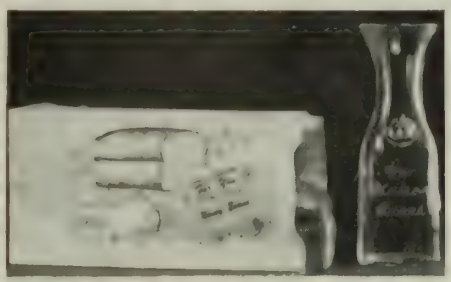
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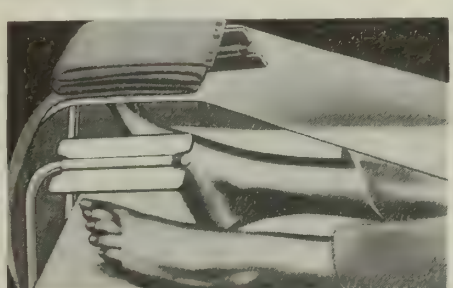
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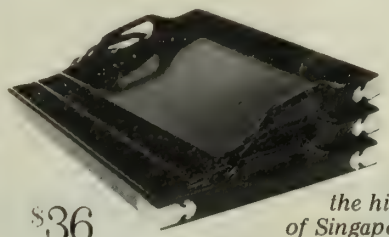
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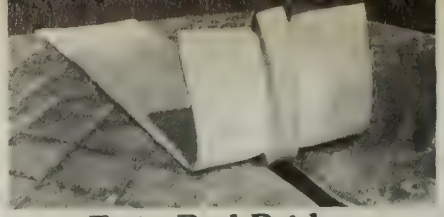
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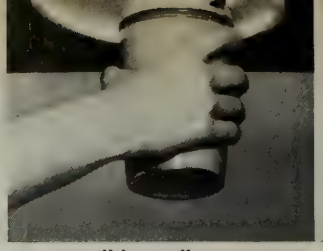


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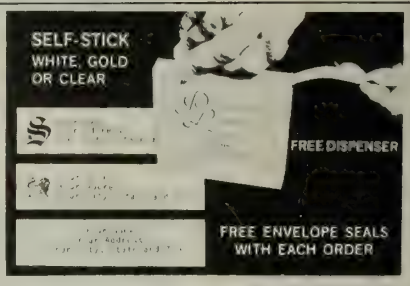
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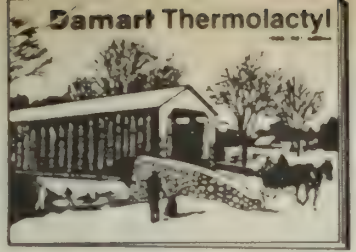
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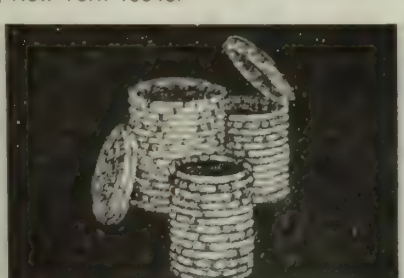
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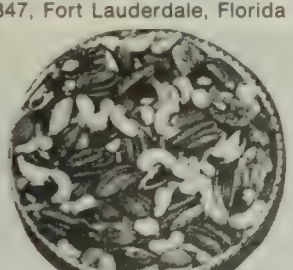
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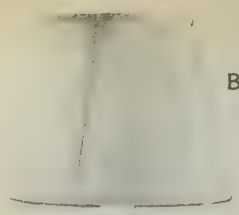
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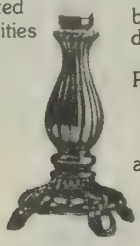
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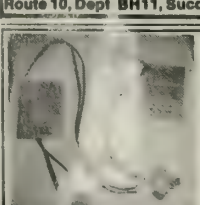
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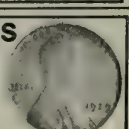
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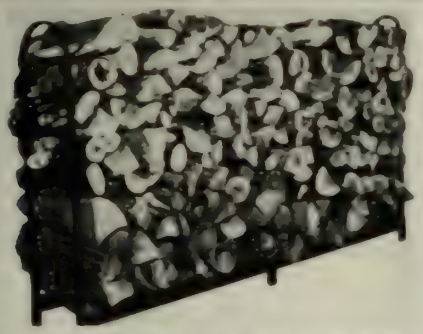


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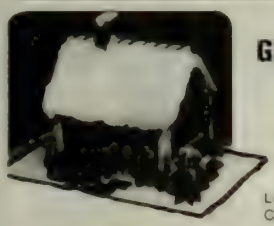
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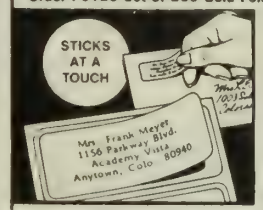
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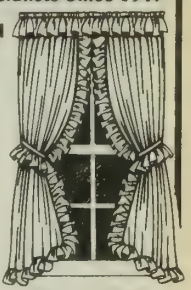
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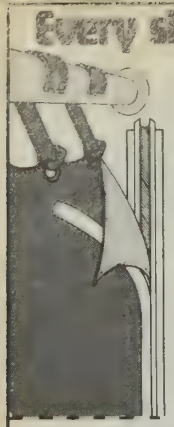
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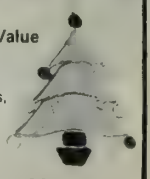
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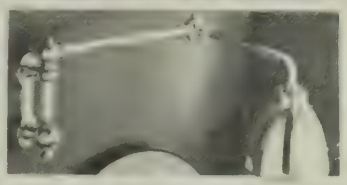
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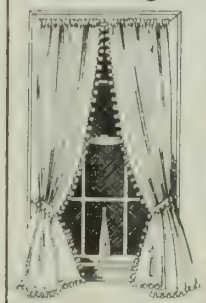
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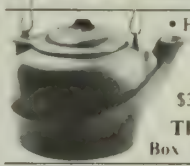
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When asked the other day what his son was going to be after six years of study at the university, Sam Holmes replied succinctly: "Overqualified."

We've signed up for cable TV movies, but I have mixed emotions. I love viewing first-run films from my easy chair in the den, but I miss all the goodies at the refreshment counter in the theater downtown.

Our Judy, aged 11, thought it quaint when she learned in school that our ancestors used beads and shells as money. Then she realized that most grown-ups are getting by with plastic cards these days.

Bill and Isabel Norman think they've found the secret to a happy marriage: Share in household tasks, compliment your partner frequently, and never yell at each other unless the house is on fire.

"Leaf raking is no job for a perfectionist," Burt, Jr., concluded after he finished his fall lawn chores. Frankly, from the looks of our yard (and Burt's room), I think that makes Burt ideally suited to the task.



"My dorm went condo."

The Dresches pass many of these chilly evenings in front of the fireplace. While Dot likes to watch images in the dancing flames, Dick says he only sees logs at $110 per cord.

I breathed a sigh of relief when I stored the lawn mower for winter last Saturday. Unfortunately, the "break" was short-lived: Chris promptly reminded me that I should be getting the snowblower tuned up for action.

Liz Randall, who started her Christmas shopping months ago, says there's only one thing she forgot to put on layaway: "Money."



While many political folks are driving around town with bumper stickers that endorse one candidate or another, Elaine Cowan has been distributing blank bumper stickers to some of her fellow as-yet-uncommitted voters.

The Hillises have always observed Thanksgiving with what is currently called the "extended family."

We spend our Christmases and other holidays within our own smaller family groups. But Thanksgiving is a come-one, come-all gathering of the tribe—cousins, aunts, uncles, and a few adopted "strays" who return to join us each year.

This year, our place is the designated site of the powwow. We've already started to count plates, arrange with friends to borrow card tables and folding chairs, and plan the menu around everyone's favorite potluck specialties.

On Thanksgiving morning, Christine and I will be up at five to start the turkeys (two). By midafternoon, the house will be packed with relatives of all ages, shapes, and sizes.

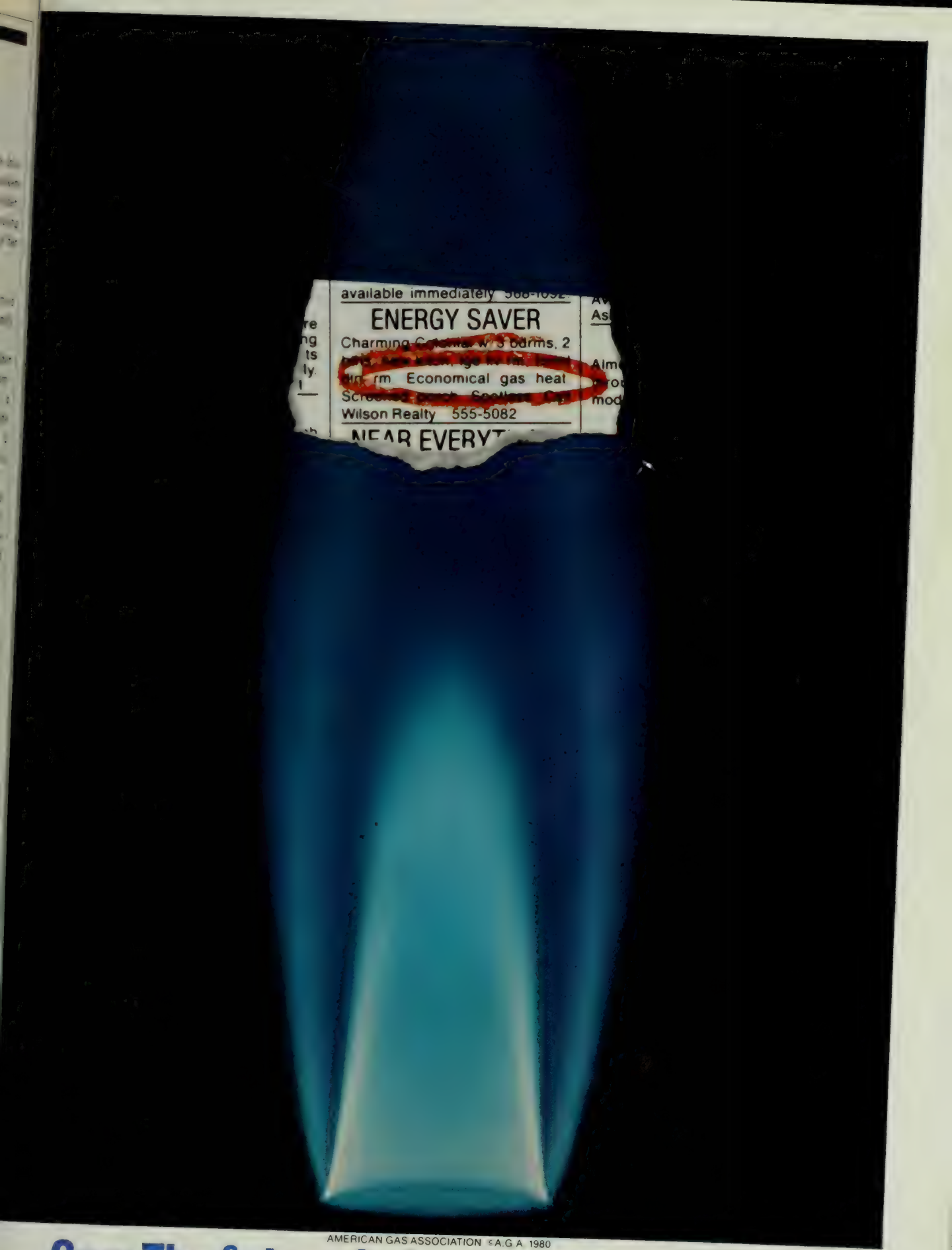
After dinner (I'm looking forward to Cousin Harold's bread-and-butter pickles), we grown-ups will catch up on the past year's family milestones and talk of business and politics, recipes and football. The youngsters will dash in and out of the house enjoying their own instant camaraderie.

The day goes by so quickly.

Of course our extended family is being tested just as all families are these days. There are fewer faces at our gatherings—it's inevitable with family members moving farther from our hometown, marrying and starting their families later in life, having fewer children, and focusing more on their own broods.

Even so, I find our extended family a wonderful resource because we share a lot of affection and warm memories. I hope our Hillis Thanksgiving tradition continues through the years to come. It's one of the things I'm most thankful for.

Burton Hillis



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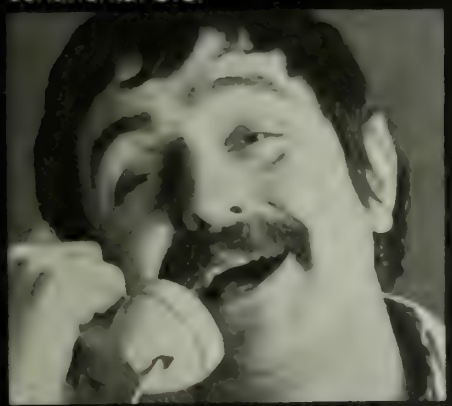
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EDITOR at large

If history is any indication, this issue will be our top newsstand seller of 1980. The Christmas issue has enjoyed that distinction for several years now. Before that, our best seller for nearly a decade was the July issue, where we devote the major portion of our editorial space to "100 Ideas Under $100." So why not combine the basic features of each—100 ideas for Christmastime? Our crafts department made that suggestion about a year ago, won approval, and cheerfully swung into action. The result is in your hands: an idea-packed issue built around the theme "100 Ways to Make Your Christmas Merrier."



Crafts editors Nancy Lindemeyer, Ann Levine, and Debbie Dugan (left to right)

The three editors who annually put together our Christmas crafts package—Nancy Lindemeyer, Debbie Dugan, and Ann Levine—work on the project throughout the year, like Santa's elves. As soon as they've decided on a unifying theme, they determine what mood they want to shoot for in the photographs and what individual projects they want to include. Their goal in choosing the projects is to get a good balance. Some readers like items they can make in a jiffy; others seek projects worthy of more effort and time. Some are mostly interested in holiday decorations; others are looking for gifts to make. Some have extraordinary crafts skills; others don't. "The trick," Debbie says, "is to provide something nice for everyone. What particularly pleases us with this year's assortment is the number of items that children can make and also the wood projects that men should find appealing."

Free-lance designers from all across the country—21 are listed in the credits this year—work from ideas supplied by the crafts staff to create the actual items that appear on our pages. Most of their work is completed by Easter, and location photography sessions—in Minneapolis this year—are usually scheduled for April or May. Additional photos are shot in our own studio in June. About the time the rest of the world is planning Fourth of July picnics, our crafts department traditionally throws a Christmas wine-and-cheese party to celebrate the completion of their shooting for December.

Next, our graphics design staff starts work on the layouts while the editors begin to add words to their pictures. Patterns for the how-to instructions are drawn, and the copy that accompanies them is carefully constructed for clarity, succinctness, and accuracy. At proofreading time, when the whole package comes together, we all step back and review it in perspective. Did we succeed in conveying the true spirit of Christmas? Are the photographs as rich and appealing as last year's? Are the projects distinctive?

Another of the questions we debate among ourselves is, Which of this year's projects will readers like best? In case you want to compare your opinion with theirs, Ann votes for the cookie ornaments and easy table decorating ideas in the section called "Fill Your Holidays with Homespun Hospitality," and Nancy and Debbie both vote for the stamp projects in "Give Your Gifts a Personal Stamp."

"But my personal favorites," Nancy adds, "are the toy soldiers made out of army blankets. They're easy to make, unique, and enchanting."

Gordon Greer

Gordon Greer, Editor

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- *Here's a holiday menu that will be just right for your gathering, whether you're sharing Christmas dinner with a big clan or a cherished few. Our yuletide feast has been tailored to help you host 12 or 4 with equal ease.*



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- *Looking for the perfect way to say "Happy Holidays" to those you love? You're sure to find dozens of ideas in our dazzling collection of 100 crafty projects. In addition to quick-as-a-wink gifts and clever package wraps, there are dozens of ornaments to make, jiffy Christmas stockings, gala wreaths, no-fuss entertaining and table-setting ideas, a dream-come-true suite of kid-size furniture to build, holiday finery to stitch, and more. So start crafting a Christmas to remember today!*



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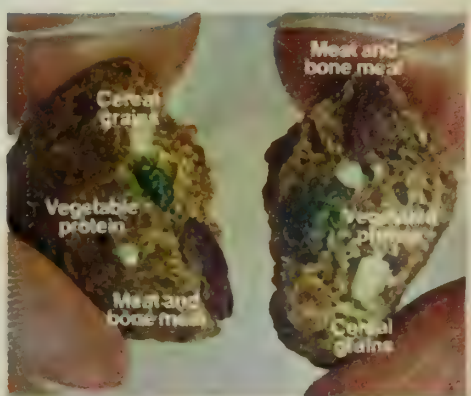
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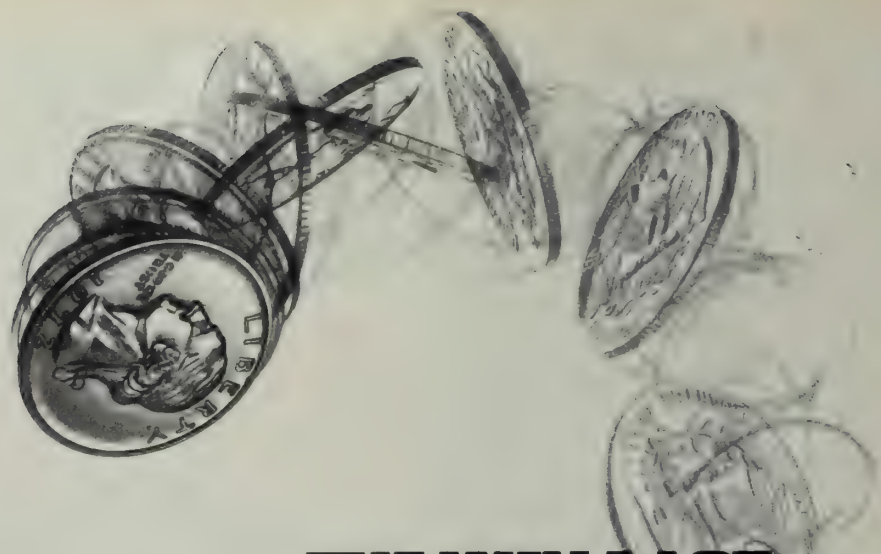
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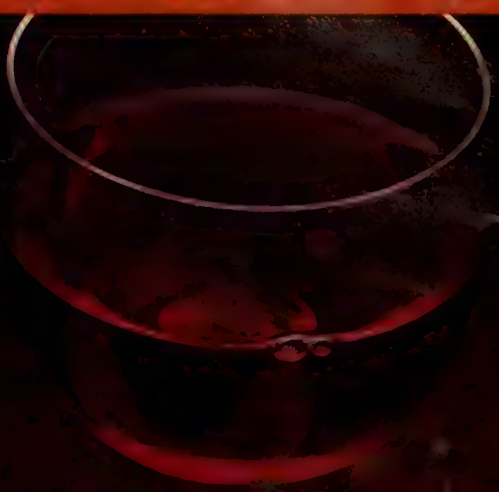
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We're working to make cavities a thing of the past

Festive NO-FUSS PLANTS TO DECK THE HALLS

By Steven Coulter

Let undemanding cactus and other succulents add a unique flavor to your holiday decorating.

Most succulents prefer good south light, but some will need protection from intense direct afternoon sun. In winter, water just enough to keep roots from drying out; during the spring and summer periods of active growth, water well every other week.

Fertilize your succulents lightly in spring and summer.



Photographs: de Gennaro. Field editor: Pauline Graves

A NEW LOOK AT AN OLD FAVORITE

There are now miniature poinsettias available, plus bushier types that are planted in both the top and sides of special pots to give the trailing effect shown here.

Keep your poinsettia slightly moist, and give it at least four hours of bright light daily. When your plant stops blooming, cut the stems back to about four inches and repot the roots in fresh soil. Fertilize monthly until fall, then stop feeding. Your poinsettia may flower again if you place it in a totally dark spot for 14 hours each day for six weeks. Do this in September and October for Christmas bloom.

Festive NO-FUSS PLANTS TO DECK THE HALLS



PRICKLY PEAR GOES GLAMOROUS

Any plant can join in the Christmas cheer if you group it with a few brightly colored accessories. *Opuntia microdasys, right,* is better known by its aliases: rabbit ears, beaver tail, polka dots, and prickly pear. Whatever, it's one tough hombre. Wear heavy gloves when potting your opuntia; the tiny bristles that form the yellow polka dots can embed themselves under your skin.

SHOW OFF A CHRISTMAS CACTUS

For a spectacular holiday display, group a blooming Christmas cactus and a covey of candles, *below.* Diffuse strong sunlight with sheer curtains if you keep the plant in a south or west window.

Unlike most of its kin, the Christmas cactus is not a dry-soil plant that you can neglect for weeks on end. Pot it in well-drained, porous soil and water once a week. Withhold water for one month in fall.



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So food tastes more flavorful and looks as good as it tastes.

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IT'S AN UNBEATABLE COMBINATION.

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The new Sharp convection microwave oven (Model R-8310).

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SHARP

CALL IT C C M. SHARP'S CAROUSEL CONVECTION MICROWAVE.

Festive NO-FUSS PLANTS TO DECK THE HALLS



A CACTUS CHRISTMAS TREE

This compact Christmas tree, *right,* is evergreen, and it won't drop needles like a traditional holiday fir or Scotch pine. *Opuntia lindheimeri* 'Maverick' is a California mutation that teams perfectly with a tabletop pile of small, gaily wrapped packages.

TRY A RUFFLED SUCCULENT

A few replicas of old mission bells and a papier-mâché angel add a festive air to this *Echeveria crenulata* in a bronze and pewter bowl, *below.* If you mix your own potting soil for your succulents, combine one-third humus, one-third perlite, and one-third washed sand.



"There are a few things in my closet wouldn't trade for anything."



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Can Outside Air Boost Fireplace Efficiency?

Does your fireplace seem to be operating in reverse, pulling a lot of warm air out of your house, wasting almost as much heat as it produces? If so, you've probably been looking for ways to make your fireplace function more efficiently. And you've probably heard about the outside-air controversy: Some people contend that air brought into a firebox from outside a house can significantly reduce the amount of room air sucked up the chimney; others say outside-air intakes cause more problems than they solve. Here's how to tell whether outside air could make your fireplace more efficient.

Hot air must rise and a fire must breathe. Those two laws of physics, convection and combustion, might be working against you. An open-front fireplace that has no outside air supply gulps room air through convection and sips more through combustion. To conserve heat, your top priority should be to stop the gulping.

Dampers and doors

If you leave the flue damper open all the time, you allow warm air from your living spaces to continually rise up the chimney, whether the chimney and firebox are hot or cold. So the first heat-saving steps you should take are to make sure your damper is tight-fitting, and then learn how to use it properly.

You can use the damper to prevent heated household air from escaping through the chimney when the fireplace is cool. But while embers are still glowing in the firebox, you can't risk closing the damper all the way. You could, however, enclose the firebox with glass doors to keep warm air in the house, and leave the damper open a bit to let smoke and gases out. Glass fireplace doors, if they are installed and used properly, can pay for themselves quickly.

Outside-air intakes

If a fireplace has no other source of oxygen, it will draw combustion air from the house. But if the fireplace is equipped with outside vents, it will draw some air for combustion from outside. It won't draw *all* the air it needs from outside, however, unless the front of the firebox is sealed during combustion. The more airtight a fireplace is, the less air it draws from the living spaces through either convection or combustion, and the less it needs outside air.

Tightness of the house

An inefficient fireplace in a tightly constructed house needs outside air more than an identical fireplace in a loose house. If your home is so tight that your fireplace can't easily draw in all the air it requires, smoke and gases from the fireplace and other sources of combustion in your house might flow into your living spaces. The suction that would develop as the fireplace struggled to breathe could pull toxic fumes down the exhaust vents of gas or oil water heaters and furnaces, and cause smoke from the fireplace to spill out into the room. Outside intakes prevent these problems in houses that are tight; gaps around windows and doors serve this purpose in loose houses.

The price of fuel

When deciding whether to use outside air, you'll also want to consider the cost of firewood relative to that of your primary household fuel. If you can heat your living room more cheaply with wood in your fireplace than with the fuel used in your furnace, you'll save money by supplying your fireplace with outside air.

To understand why this is so, think of what happens to winter air as it flows through your house and on up the chimney. Let's say it starts out at 0 degrees, is heated inside your house to 68 degrees, and reaches 368 degrees in the firebox. If firewood is cheaper than your furnace fuel, you'll do well to allow the wood fire to heat as much of the air as possible, including that coming in through outside-air intakes. If the wood you burn is relatively expensive, you should let your furnace provide the first 68 degrees of heat and then allow the fireplace to pull that warmed air in (and raise its temperature another 300 degrees).

Effects of a cooler firebox

You might have heard that very cold air drawn into a firebox from outside a house can lower the temperature of the firebox and thereby decrease heat output. That could happen in some cases; but if your fireplace isn't airtight, you'll probably still enjoy a net gain in efficiency by using outside air. Less heat will be lost by this cooling of the fireplace structure than will be wasted by room air's being sucked into the fireplace for combustion. If the fireplace is airtight, however, outside air might cool the firebox so much that the temperature of the fire will drop and creosote will build up in the chimney. Creosote also forms quickly when a fire is starved for air and therefore smoky.

Installing air intakes

If your fireplace is not airtight, your house is not loose, and firewood in your area is not expensive, you'll probably benefit from outside air. How do you go about installing the intakes? Here are some guidelines.

Make the ducts big enough—approximately half as large as the fireplace flue. Insulate them properly where they pass through combustible materials. (Insulation will also help to prevent water from condensing on the intakes and causing damage inside the wall of your house.) Install adjustable dampers in the intakes so you can keep cold air from coming into the firebox when the fireplace isn't in use. And remember that the fewer twists and turns there are in the intakes, the less resistance there'll be to airflow.

If you own a metal zero-clearance unit or fireplace insert, don't try to put in outside-air ducts without consulting the manufacturer of the unit. Some companies oppose such modifications.

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And with a name like Converta-Cook, it goes without saying that you've got all kinds of options. And all are easy to change. The only difficult thing about Converta-Cook is deciding how you want to cook with it.

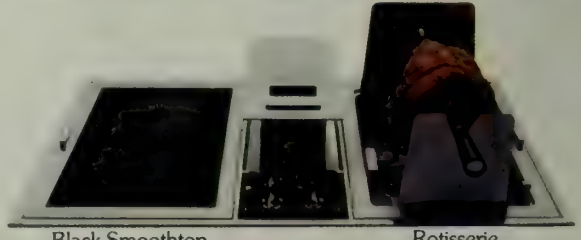
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Griddle Cutting Board White Smoothtop



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TAPPAN IS COOKING

Tappan Appliances, Mansfield, Ohio 44901

A Guide to Sparkling Wines

It's the sparkle in sparkling wines that helps make special times with family and friends more so. Here are a few suggestions to help you choose the right wine for your next get-together.

Sparkling wines have varying degrees of sweetness. Those labeled "brut" are the driest in taste while those labeled "extra dry" are the next driest. The sweetest sparkling wines are labeled "sec" and "demi-sec." Red, white, and pink varieties are available, ranging in price from three to ten dollars or more a bottle.

As for bottle sizes, a fifth (750 ml or 4/5 quart) provides six generous glassfuls. Unlike other wines, sparkling wines do not improve with age, so don't save a gift bottle—drink it and enjoy.

Champagne

Undoubtedly the best known of the sparkling wines is champagne. This effervescent wine can be either white or pink and goes well with most meats, fish, and seafood as well as vegetables and desserts.

Other sparkling wines

- Sparkling burgundy is red in color and is usually sweeter than champagne. It makes a good companion for meat courses, fruits, and desserts.
- Sparkling rosé is sweeter than champagne and, like nonsparkling rosé wine, complements most foods.
- Cold duck is a mixture of red and white sparkling wines. It has a somewhat bolder flavor than champagne but goes well with most foods.

Italian sparkling wines

Italy has many sparkling wines, but Asti spumante is the most famous. It is a delicate, semidry white wine. Red spumante is another popular sparkling wine from Italy. Italian sparkling wines are excellent with all types of food.

Get fiber into more foods your family will like.
Like Tomato Chicken Pilaf.



Tomato Chicken Pilaf

1 can (3 oz.) sliced mushrooms, drained, reserving liquid
½ cup chopped onions
1 small clove garlic, chopped
2 tablespoons vegetable oil
¾ cup KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
2 cups cut-up cooked chicken
⅓ cup uncooked regular rice
½ teaspoon salt
Dash pepper
¼ teaspoon leaf thyme
1 can (28 oz.) whole peeled tomatoes

In large frypan, cook drained mushrooms, onions and garlic in oil until lightly browned. Stir in reserved mushroom liquid and remaining ingredients, cutting tomatoes into pieces. Bring to boil. Reduce heat, cover tightly and simmer about 30 minutes or until rice is tender.
YIELD: 5 servings.

Variations: In place of the ALL-BRAN cereal, use 2 cups KELLOGG'S® 40% BRAN FLAKES cereal or 1½ cups KELLOGG'S® CRACKLIN' BRAN® cereal.

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How to order material from the magazine

Home Sweet Home Sampler How often we say it—and now how enchantingly you can show it with this cross-stitch wall hanging. Kit includes design on cotton fabric, cotton floss, needle, and instructions. Display this pretty motto in our 18″x27″ solid wood frame.

Embroidered Pillowcases You will want to make several sets of these pretty embroidered pillowcases for holiday giving. Kit includes design on white cotton/polyester percale, 2 ready-made standard-size pillowcases, cotton floss, needle, and instructions.

Heritage Child's Dress Our young ladies' ruffled frock is easy-to-sew and available in your choice of old rose or white. Kit includes precut lawn fabric, cotton floss, lace, embroidery pattern, ribbon, buttons, elastic, and illustrated instructions. Sizes: S (7-8), M (10), L (12).

Heritage Toddler's Dress Wouldn't your favorite little girl look adorable in this easy-to-sew lace-trimmed dress? Kit includes precut batiste fabric, pre-tucked yoke piece, lace, buttons, and illustrated instructions. Dress is available in ecru or white and comes in sizes S (2-3), M (4-5), and L (6-6X).

Duck Decoys Decorator decoys for all sports lovers! They're fully carved solid pine, sanded, and ready to finish in paint or stain and varnish. Mallard and Wood Duck measure 12″. Kits come with glass eyes, painting guide for drake or hen finish, sandpaper, and instructions. Paint and stain/varnish kits available below have a brush and materials to finish five decoys.

Child-Size Furniture Project Plan Suit a child's imaginative world with a roomful of child-size furniture. Our china cabinet, chairs, tables, and love seat are projects for you to build in time for Christmas. Plan packet includes large professional drawings, materials list, woodcutting diagrams, and easy-to-follow instructions.

JOSETTE Dress our 15″ Josette as shown on page 45 of this issue. Kit for Josette has bisque head, arms, legs, body fabric, and instructions.

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100 WAYS TO MAKE YOUR Christmas Merrier

By Nancy Lindemeyer, Deborah Dugan, and Ann Levine

Everyone knows the joy of Christmas stems from giving. In this issue, we'll show you how to add another dimension to that joy by making the gifts you bestow on those you love. We've packed these pages with something for everyone: distinctive accessories, toys, gifts from the kitchen, a suite of kid-size furniture, and much more. And we've included lots of round-the-house projects: one-of-a-kind wreaths, stunning stockings, striking centerpieces, and imaginative ornaments.

A sampling is shown at right. Because Christmas is a celebration of light, we created a trio of luminous projects for you to make: a stair-step candle tree . . . a cluster of pine candle holders . . . and a ring of candle-filled boxes. The table topping couldn't be easier: just layer on some colorful oilcloth. And to simplify parties, try our double-duty centerpiece: the clay pots hold flatware, paper plates, and napkins. To fashion the eye-catching wreath, tack fabric loops to a form. And to give the tree your personal touch, tie tiny wooden shoes (see bowl, *far right*) to the boughs. **For how-to, see Index of Instructions, page 146.**

Buying information, page 148

Designer credits, page 150



Photograph: Bradley Olman

FILL YOUR HOLIDAYS WITH *Homespun Hospitality*







Chances are the favorite gathering spot at your house this holiday will be the kitchen, where the aroma of freshly baked treats fills the air. Here are ideas to make your kitchen look festive, plus kitchen-oriented gifts to craft.



Photographs: Olman

Christmas is a magical time, and you can prove it by gathering commonplace household objects and transforming them into crafty centerpieces. Turn balls of white string into thrifty candle holders *(left)*. And give glass home-canning jars center-stage status by filling them with candles and then adding ribbon bows. Even 1940s-vintage canister sets make eye-stopping decorations when packed with candles. To turn some pretty teapots into a charming centerpiece, simply add fresh flowers.

The kitchen can also provide the inspiration (and many of the makings) for a gift everyone can enjoy. Just fill a basket with fresh breads, fruit, and kitchen gifts wrapped in cloth napkins (see the basket on the table). The lucky recipient will enjoy the basket and napkins long after the goodies are gone.

Of course you'll want a gala outfit to wear when guests arrive, so here are two projects to fill the bill. The lovely apron *(far left)* features a lacy filet crochet insertion proclaiming "Christmas 1980." Team it with a peasant blouse stitched in gala gold-threaded fabric, and you're ready to greet guests in style.

Brighten your kitchen with its own good-enough-to-eat tree decorated with scrumptious sugar-and-spice cookie ornaments (made from our own special recipes) and sparkling tin candy molds, all accented with plaid bows. **For how-to, see Index of Instructions, page 146.**

GIVE YOUR GIFTS A *Personal Stamp*



What's in a name? Plenty, when you use it to decorate handmade gifts. Just order rubber stamps and name tapes bearing your friends' John Hancocks, then print your way to one-of-a-kind presents.

Stitch a batch of cookie-cutter-shaped lads and lassies *(above)* in three sizes, and stamp each with the recipient's name. The tiny ones make delightful decorations, and the others are great for play and display.

Stamp a special someone's name on a unique necktie or bow tie *(above, opposite)*. And to please a favorite lady, turn a muslin square into an extra-personal scarf. Even kid's dungarees take on new sparkle when you add decorative name tapes *(clockwise, from left)*. And don't forget baby! Bedeck a handmade bunting with the little one's brand-new name.

To give your holiday entertaining a personal stamp, stitch a set of oval place mats and napkins from hand-stamped fabric. And to customize your gifts, stamp yards of thrifty wrappings from white butcher paper.

You also can create reusable name-tape bags to hold Christmas treats and treasures. Just add tapes and patterned ribbons to fabric rectangles. For a special twist, tie each bag with a name tape strip. For un-trite tree ornaments, apply name tapes to calico-covered foam balls *(opposite)*. **For how-to, see Index of Instructions, page 146.**

















When it comes to Christmas giving, it's the thought that counts, and here are some ways to show you care. Assemble name stamps, name tapes, rainbow-bright inks, and muslin, and Santa's printshop is in business!

PUT CRAFTY KIDS TO *Christmasing*



A child's imagination works overtime, especially at Christmas. These projects channel that creativity into fun-to-make gifts for family and friends.

This roll-around pine pony *(above)* is sure to be a Christmas morning favorite, and it's simple enough for a big brother to build. A smaller project with a charm all its own is the child's-eye view of the crèche *(above, opposite)*. The figures are made of scrap lumber, and features are added with a woodburning tool.

Young woodworkers also can create a friendly pair of wooden pull toys *(above, far right)*. Small leather strips glued between wood sections allow the "prehistoric" beasties to squiggle and squirm at every turn.

Creating gala gift wraps *(right)* provides a perfect outlet for a child's nonstop imagination. And the makings are easy to come by: some specialty store bags and an array of ribbons. Nestled beneath the tree is a pair of super-simple "his and her" dolls made from bundles of yarn scraps.

Preprinted fabrics are a never-ending source of thrifty soft ornaments and nifty package decorations *(below, right)*. Here, an entire litter of fancy felines was cut and stitched from a length of purchased fabric. Back them with muslin, stuff, add ribbons, and they're ready for hanging or giving as a gift set to a favorite cat fancier.

Fabrics with larger motifs can be stitched into cuddly stuffed animals *(opposite)*. Just one piece of fabric can yield a basketful of playful ducks, bunnies, and pandas. They're perfect for stuffing stockings, too!

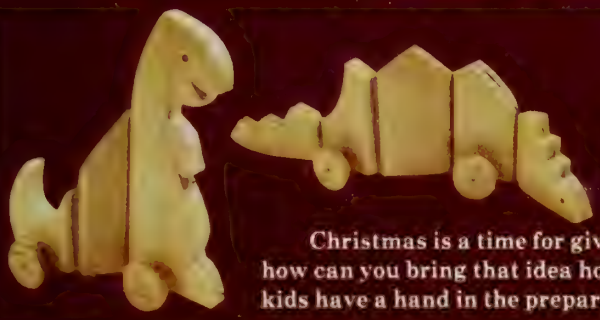
Let the children decorate their own tree with things they love. Here the tree boughs are enlivened with an entire fleet of tiny wooden cars, copters, and trucks. Colorful homemade candies (made from our own recipe) become wonderful tree ornaments, especially when teamed with sparkling tin candy molds strung with an array of bright ribbons.

For how-to, see Index of Instructions, page 146.









Christmas is a time for giving as well as receiving, but how can you bring that idea home to a child? Just let the kids have a hand in the preparations, as shown here.

CREATE A COUNTRY-STYLE Christmas

Antique doorstops are treasured by collectors of Americana, and this country gentleman and his lady *(right)* are based on classic designs. The craft of cross-stitching is celebrated in this holiday hand towel set featuring hearts and trees. So stitch up plenty of towels to dress up your bath and to share with friends.

Wooden dolls have been popular for generations, but it would be hard to find any more charming than these sweet ladies *(far right)* dressed up for the holidays in calico gowns.

Woodburning is a wonderful way to add a personal touch to your holiday gift-giving. For the outdoorsman, you might finish natural wood duck decoys *(right, below)* with fancy flourishes. And anyone on your gift list would welcome a pair of traditional wooden shoes made festive with woodburned tulip designs. Plain breadboards and plates can be transformed into collectibles by ringing them with wheat and acorn designs.

To delight an angler, revive the centuries-old craft of making wood and metal finned fish decoys. Here the decoys are resting on a lovely crocheted doily worked in richly colored yarn scraps.

For a homespun wreath, make this sunburst design *(opposite)* from pine, add paint, then attach leaf and bird cutouts. Make extra birds and attach them to wood bases and wire for table decorations. Kids and adults alike will treasure jolly peasant dolls made from woolens and lace.

Why not craft a holiday gift box? To make these festive box tops *(opposite, lower left),* popular quilt patterns were duplicated with felt-tipped pens onto graph paper squares. **For how-to, see Index of Instructions, page 146.**











Even if you're a city-dweller, you probably dream of a country Christmas complete with firelight and the scent of pine. Now bring that dream to life by crafting these unique gifts and decorations.



Photographs Oimati

MAKE A CHILD'S *Dreams Come True*





A little girl's fantasy world of fancy tea parties and elegant dress-up clothes becomes a reality when you craft this roomful of child-size furniture—china cabinet, chairs, tables, and love seat. Other ideas include a needlepoint pillow *(far left)*, "Home Sweet Home" sampler, handkerchief tablecloth, and sampler doll *(below)*. And the young girls' frocks are easy-sew kits. For how-to, see Index of Instructions, page 146.

begins on page 35

Christmas crafts

SPIRAL CANDLE HOLDER

Materials: 1x12x18-inch piece of pine; 39 ft. of 1x2-inch pine; 2 ft. of 1-inch dowel; 28 small candles.

Instructions:

1. To make the base, cut 1x12-inch pine into a 10-inch square, 7-inch square, and 4-inch square. Glue squares together with the largest on the bottom and smallest on top. Drill a 1-inch hole (large enough for dowel) in the center.

2. Cut 1x2-inch pine as follows: 1 piece 5½ inches long, one 7½ inches, one 8¾ inches, one 10¼ inches. Cut 2 each in the following lengths (in inches): 11½, 13, 14½, 15¾, 17, 17¾, 18¾, 20, 21, 21¾, 23, and 24 (28 lengths in all).

3. Drill a 1-inch-diameter hole in the exact center of each length.

4. On each length, also drill a ½-inch hole for the candle, ⅝ inch deep, ¾ inch from one end and centered widthwise. Sand and varnish the wood.

5. To assemble, drop the dowel into the base's center hole. Drop individual lengths over the dowel beginning with the longest (24-inch) and ending with the shortest. Arrange lengths so candle holes are all on the same side and candles spiral as shown in the photo.

ALPHABET CANDLE HOLDERS

Cut simple block letters for family members' names or Christmas greetings from 1-inch-thick pine. Drill ½-inch holes for candles in top edges. Sand and varnish.

To order a wooden Shaker box like the one shown on page 35, see page 32.

JIFFY RIBBON WREATH

Materials: 2½ yds. of striped taffeta (or other fabric); 25 yds. of ½-inch-wide strips of fusible webbing; straight pins; fabric glue; 14-inch foam wreath.

Instructions:

1. Cut fabric into 4-inch-wide strips, following directions of stripes. Fold raw edges toward the center; secure them with fusible webbing. This will keep edges neat and stiffen fabric to ensure well-rounded wreath loops.

2. Wrap wreath form with extra fabric strips. Pin in place.

3. Beginning at the inside edge of the wreath base, make soft fabric loops; tack each fold to the base with pins dipped in glue. (Loops should be 2½ to 3 inches long and overlap each other about ½ inch.) Keep looping and pinning until the wreath's entire inner rim is covered. Repeat around the outside edge. Then, fill in the wreath's center with loops. Add a bow.

CHRISTMAS APRON

Crochet abbreviations:

beg	beginning
bl(s)	block(s)
ch	chain
dc	double crochet
dec	decrease
hdc	half double crochet
inc	increase
lp(s)	loop(s)
pat	pattern
rem	remaining
rnd	round
rpt	repeat
sc	single crochet
sk	skip
sl st	slip stitch
sp(s)	space(s)
st(s)	stitch(es)
tog	together
tr	treble
yo	yarn over
*	repeat whatever follows as indicated
(), []	work directions given in parentheses or brackets for number of times specified

Materials: 1 yd. 44/45-inch-wide medium-weight white cotton; 1 ball of white Clark's "Big Ball" 3-cord mercerized cotton, size 20; size 9 steel crochet hook, or size to obtain gauge, *below.*

Gauge: 4 sps or bls equal 1 inch.

Instructions:

1. To make filet crochet insert, ch 71, with 12 ch sts per inch. Following chart, *below,* work as follows: *Row 1: Dc in 8th ch from hook*—starting sp made; * *ch 2, sk next 2 ch, dc in next ch*—sp made. Rpt from * across—22 sps, counting sp made at beg of row as 1 sp; ch 5, turn. *Row 2: Sk first sp, dc in next dc*—starting sp over sp made; * *ch 2, dc in next dc*—sp over sp made. Rpt from * to last sp; *ch 2, sk 2 ch, dc in next ch*—end sp over sp made; ch 5, turn. *Row 3:* Make starting sp, make 1 sp; * *2 dc in next sp, dc in next dc*—bl over sp made. Rpt from * to last 2 sps; make 1 sp, make 1 end sp; ch 5, turn. *Row 4:* Make starting sp and sp; *dc in next 3 dc*—bl over bl made; *ch* 2, sk 2 dc, dc in next dc—sp over bl made; make 15 more sps over bls, 1 bl over bl, 2 sps; ch 5, turn.

Note: Follow every even-numbered row on chart from left to right and odd-numbered rows from right to left.

Beg with Row 5, follow chart until Row 107 is completed; fasten off. Starch work lightly and press.

2. To complete apron, cut an 18x25-inch and a 10x25-inch fabric rectangle. Cut a 2½-inch-wide waistband that encircles waist, with excess for tying. Using ¼-inch seam allowances, fold smaller rectangle in half lengthwise; stitch to bottom of filet crochet panel. Turn side edges under and stitch. Finish 18-inch edges of larger rectangle; gather top edge to fit into waistband. Fold waistband in half lengthwise. Turn raw edges under and center gathered apron in fold; finish edges. Sew upper edge of filet crochet panel to apron.

ORNAMENT COOKIES

Cream 1½ cups butter and 2 cups packed brown sugar; add 1 egg. Beat

continued

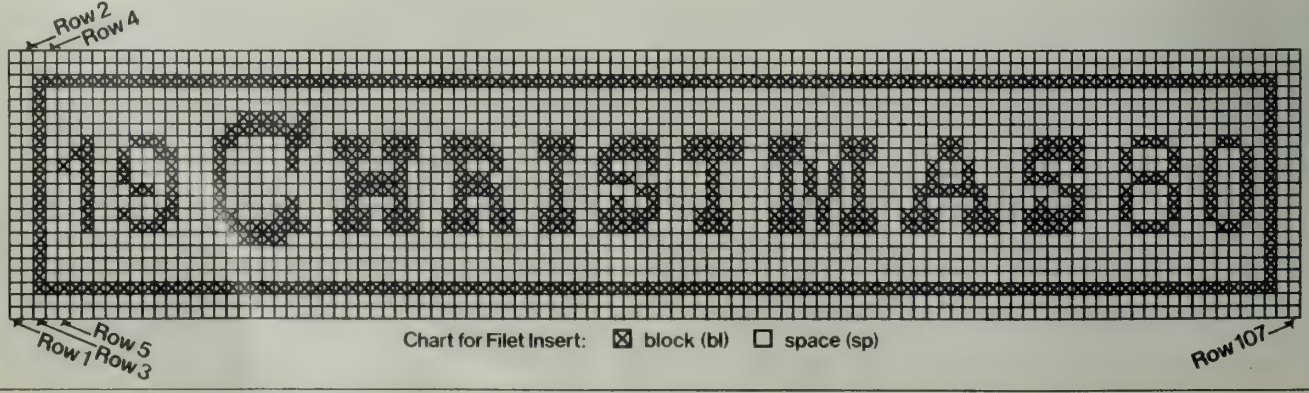


Chart for Filet Insert: ☒ block (bl) ☐ space (sp)



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continued

Christmas crafts

till light. Mix 4 cups all-purpose flour, 2 teaspoons ground cinnamon, 1 teaspoon ground nutmeg, ½ teaspoon ground cloves, and ¼ teaspoon baking soda. Stir into egg mixture. Cover; chill 2 hours.

On floured surface, roll dough to ⅛-inch thickness. Cut into desired shapes with cookie cutters. Place on ungreased cookie sheet. Cut paper drinking straw into 1-inch pieces. Push one piece into top of each ornament. Bake at 350 degrees, 8 to 10 minutes. Remove straw pieces. Cool 1 minute; remove to rack. Hang with ribbon or yarn.

SWEDISH GINGER COOKIES

Cream 1 cup butter and 1½ cups granulated sugar. Add 1 egg; beat till fluffy. Add 1½ tablespoons grated orange peel, 2 tablespoons dark corn syrup, and 1 tablespoon water; mix. Sift together 3¼ cups sifted all-purpose flour, 2 teaspoons soda, 2 teaspoons cinnamon, 1 teaspoon ginger, and ½ teaspoon cloves. Stir into creamed mixture; chill.

On lightly floured surface, roll to ⅛-inch thickness. Sprinkle dough with granulated sugar; press in lightly with rolling pin. Cut with floured cookie cutters. Place 1 inch apart on ungreased cookie sheet and indent designs on surface of dough, using a toothpick (see photo). Bake at 375 degrees for 8 to 10 minutes. Cool slightly before removing from pan. Eight dozen.

YARN DOLLS

Materials (for two dolls): 3 skeins of pink Coats and Clark craft yarn; ¼ yd. pink jersey; 1 skein each of brown and yellow Coats and Clark 4-ply Wintuk yarn; 7x8-inch piece of brown and yellow felt; four ¾-inch black buttons; 2 red pompons; white felt; black and red embroidery floss; fiberfill; darning needle; 13x18-inch piece of cardboard.

Instructions:

1. Cut eight 10-inch pieces of pink yarn; wind remaining yarn from the skein around the 18-inch side of the cardboard for the body. Tie both ends with 10-inch pieces of yarn; slip yarn off cardboard. Tie off section for head 4 inches from the top.

2. Wind second skein of pink yarn around the 13-inch side of the cardboard for the arms. Tie the 2 ends and slip the yarn off the card. Slip the arms through the body, tie off at the waist. Untie the piece at the bottom of the body; divide yarn into 2 sections. Tie each with a 10-inch yarn strand.

3. Draw a hand pattern about 3 inches long from wrist to fingertips and 3 inches across at its widest point. Cut 4 hands for each doll from pink jersey. With right sides facing, sew 2 hands together, using ¼-inch seam; leave the wrist open. Clip seams, turn, and stuff. Turn raw edges under; sew hand to arm, covering the yarn tie. Repeat for other hand.

4. Cut shoes (3x3½-inch ovals) from navy blue fabric and follow instructions for hands (above) to make 2. Tack center tops of shoes to legs.

5. Cut two 7-inch circles from pink jersey for each head. With right sides facing, sew head pieces together, leaving neck open. Turn, slip head onto pink yarn, stuffing head lightly with fiberfill to round out the shape.

6. Turn raw edges under and sew the neck to the yarn to secure head to body.

7. Using a long darning needle and strong thread, sew button eyes in place,

continued

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continued

Christmas crafts

starting from the back and stitching through entire thickness of the head.

8. Embroider mouth and eyebrows, using red and black floss. Sew a red pompon in place for the nose. Accent the eyes with circles of white felt around the buttons.

9. For hair, make wig bases from 6x7-inch oval of brown or yellow felt. Cut several darts in the front of the felt piece; whipstitch cut edges together so felt curves to fit head.

10. Cut brown and yellow yarn into 3- and 4-inch pieces. Fold each piece of yarn in half and sew yarn to felt, alternating 3- and 4-inch lengths. Fill the entire piece of felt with rows of yarn, spacing rows ¼-inch apart. Leave ⅜ inch of felt around edges for attaching wig to head.

11. Cut twelve 8-inch pieces of yellow yarn, fold each piece in half, and sew 6 pieces to each side of the girl doll's face. Tie strands together with red ribbon.

12. Pin and stitch wigs to heads; trim yarn ends if necessary.

13. Cut four 1x1½-inch oval ears for each doll from pink jersey. Sew 2 ear pieces together, leaving an opening. Turn, slip-stitch the opening, and sew ears to sides of head.

14. Make simple clothing for dolls by sewing squares and rectangles together for shirt or blouse, pants, and skirt. Bind raw edges with bias tape, hem, or add decorative trims.

DINOSAUR PULL TOYS

Materials (for both): Glue; sandpaper; varnish; scraps of ¾-inch-thick pine; 8 inches of ¼-inch dowel. *For low dinosaur:* ½x8x72 inches of pine; 7x24 inches of leather. *For tall dinosaur:* ½x6x72 inches of pine; 12x12 inches of leather.

Note: Leather will be sandwiched between left and right sides of dinosaurs (hinge between sections).

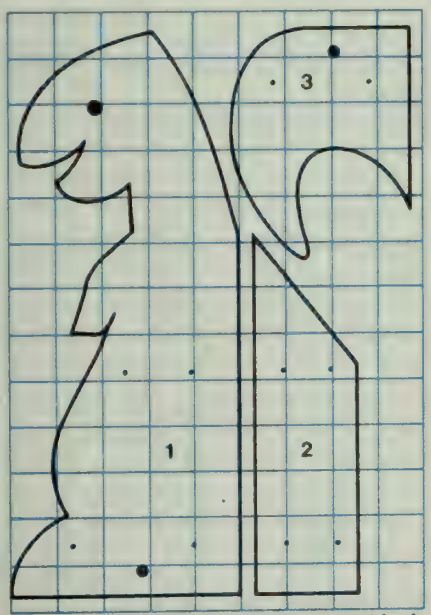
Instructions:

1. Enlarge patterns, *below and on page 52.* Cut ½-inch pine in half, clamp pieces together; cut out duplicate shapes for body plus 4 wheels for each toy.

2. Sand pieces, rounding outer edges. (Do not round edges that will be glued to leather.) Glue dinosaur pieces on both sides of leather, leaving ½ inch of leather between sections to act as a hinge. Secure layers with brads nailed at small dots. Trim leather close to outline of dinosaur body.

3. Drill ¼-inch holes (for axles) through dinosaurs at large dots. From ¾-inch pine, cut four 1-inch circular spacers for

continued





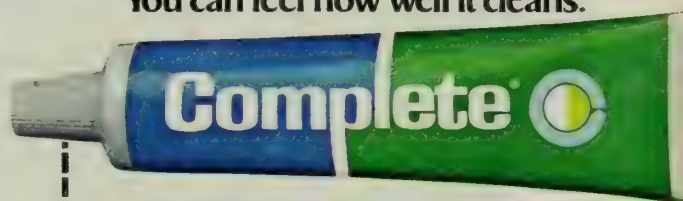
Read why Complete's unique cleansing system gets dentures so clean you can actually feel the difference.

Run your tongue over your dentures. If they don't feel really smooth and fresh, try Complete.® Complete is unlike any other denture cleanser. Its unique cleansing system contains smaller, rounded particles that clean away tough stains, plus the stubborn film that tablets can't touch.

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STORE COUPON

15¢ 15¢

continued

Christmas crafts



1 Square = 2 Inches

wheels. Glue spacers to centers of 1 side of wheels; drill ¼-inch axle hole through both.

4. Install wheels, using ¼-inch dowel as axles. Drill ¼-inch hole for eye; varnish.

WOODEN RIDING HORSE

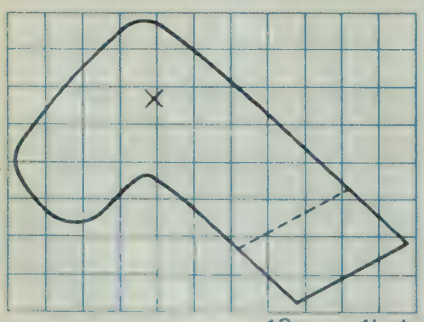
Materials: 1x8x96 inches of pine; ½x24-inch dowel; ¼x30-inch dowel; sandpaper; varnish; nails; glue.

Instructions:

1. Enlarge pattern, *below,* for head; cut from pine. Referring to assembly diagram, cut legs, wheels, four 2½-inch-diameter spacers (to fit between wheels and legs), 2 outer body pieces, and a center body piece to fit around head insert and match outer body contours. Round corners as shown.

2. Assemble body with head, using nails and glue.

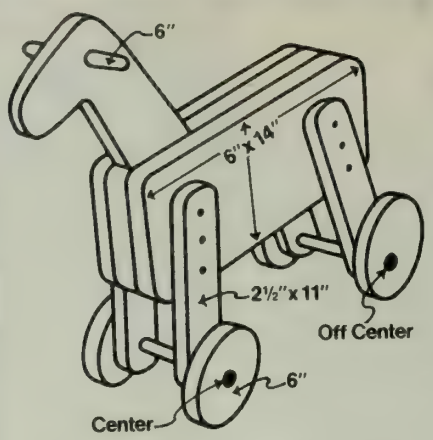
3. Drill ½-inch-diameter axle holes 1¼ inches above ends of legs. Also drill ¼-inch holes in upper legs and body for assembly as shown. Add legs to



1 Square = 1 Inch

body, using ¼-inch dowels and glue.

4. Glue round spacers to 1 side of each wheel. For front wheels, position spacer in exact center; drill axle hole. On back wheels, position spacer off center; drill axle hole. Insert ½-inch dowel through legs; glue to wheels.



5. Round ends of ½x6-inch dowel; glue into head. Sand and varnish horse.

WOODBURNED CRÈCHE

To order a woodburning tool, see page 32.

Materials: ¾x12x36 inches of pine; scraps of ½-inch pine; ⅛x6-inch dowel; scrap of fake lamb's wool; woodburner.

Instructions:

1. Enlarge the patterns, *below,* and cut the arch (above cradle) and scythe blade from ½-inch pine. Cut the remainder of the pieces from ¾-inch pine. Sand the pieces, then woodburn the design details on the fronts.

2. Cut a free-form 5-pointed star from ¾-inch pine. With the woodburner, mark the star's outline about ¼ inch inside the edge.

3. Cut a fake fur scrap for the lamb's body; glue to wood. Glue the arch over



1 Square = 1 Inch

the infant's cradle. Drill a hole through the peasant man's hand and into the underside of the scythe blade to hold the handle (⅛-inch dowel). Glue the dowel into the blade, slip it through the hole in the hand; glue into place.

CANDY ORNAMENTS

Combine 3 cups granulated sugar, ¾ cup light corn syrup, 3 tablespoons vinegar, and ⅓ cup boiling water; stir till sugar dissolves. Cook to hard-crack stage (300 degrees). Remove from heat; add ¼ cup butter or margarine, a dash of salt, and a few drops of food coloring.

Pour candy mixture into well-oiled candy molds. Remove from molds while still partially pliable so candy doesn't crack. Thread green florist's wire through top for a hanger.

NAME STAMP PROJECTS

To make the name stamp projects shown on pages 38-39, you'll need paper or fabric, rubber name stamps (see Buying Guide) in assorted sizes, foam stamp pads, and stamp pad inks in the colors of your choice.

Note: Use nontoxic inks and paints on projects for children.

To print fabric or paper, cover the work surface with newspaper or paper toweling. Lay fabric or paper on top and print with the desired stamp. (Practice on scrap fabric or paper first so you know how much ink to use.) Print in straight rows, using a ruler as a guide; create designs by varying the direction or color of the stamp (see photos for ideas).

After the ink is dry, press fabric with a warm iron to set colors. Then complete your project.

Ornaments and dolls:

1. Enlarge the pattern for ornaments, *page 54.* For dolls, enlarge patterns, using a scale of 1 square equals ¾ inch (six-inch doll), 1½ inches (12-inch doll), or 2¼ inches (18-inch doll).

2. Using a pencil, trace the pattern front and back onto muslin, adding ¼- to ½-inch seam allowances.

3. Print names on side of fabric *opposite* the penciled outline.

4. Cut out pattern pieces, pin fronts to backs (printed sides facing), and stitch around penciled outlines. Leave an opening for turning. Clip curves, trim seams, turn, and stuff. Slip-stitch openings closed.

5. Embellish ornaments or dolls with bows, buttons, or trims of your choice.

Necktie or bow tie: Stamp names on muslin, then cut out and assemble tie, using the pattern of your choice.

Baby bunting: Baste 1¼ yds. of un-

continued



TRIUMPH® BEATS MERIT!

Triumph, at less than half the tar, preferred over Merit.

When tar levels were revealed, more smokers independently chose Triumph over Merit in rating overall product preference. Of those expressing a preference, over 55% preferred 3 mg Triumph to 8 mg Merit.

Results showed that Triumph was also preferred over 14 mg Winston Lights, 12 mg Marlboro Lights and 11 mg Salem Lights.

Now, test for yourself. Compare Triumph with any so-called "low-tar" cigarette. You'll taste why we named it Triumph. Also available in Menthol.

National Smoker Study results available free on request.
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Taste the UMPH! in Triumph at only 3 mg tar.

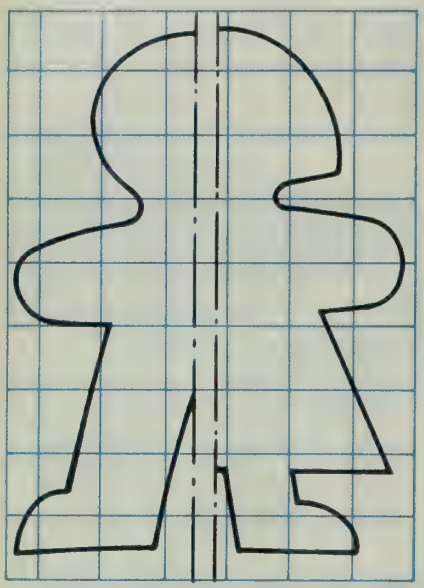
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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3 mg. "tar," 0.4 mg. nicotine av. per cigarette, FTC Report Jan. 1980.

continued

Christmas crafts



1 Square = ½ Inch

bleached muslin to a matching piece of quilt batting. Machine-quilt in 5-inch-square diamonds; stamp names in centers of diamonds. Cut out and assemble the bunting, using the pattern and instructions for the baby bunting in the September, 1980, issue of *Better Homes and Gardens* (page 158). Line the bunting with pink or blue flannel and trim with bows as shown.

Place mats: Make mats from 12x18-inch ovals of prequilted muslin. Bind edges with bias tape. Add ribbon trims and stamp names across mats.

NAME TAPE PROJECTS

Personalized overalls:

1. Pin, baste, and then hand- or machine-appliqué lengths of name tape, ribbon, and embroidered trims to the straps, seam lines, and bib of a child's overalls.

2. Appliqué letters of the child's name to the front bib pocket.

Personalized stocking:

1. Enlarge the stocking pattern on page 130; cut the stocking front and back from ½ yd. of green wool fabric, adding ¼ inch seam allowance.

2. Hand- or machine-appliqué bands of embroidered trim, ribbon, and name tapes across the calf and toe sections of the stocking, using the photo as a guide. Sew a purchased star appliqué or other motif to the center of the heel; frame with bands of embroidered trim to define the heel shape.

3. Sew stocking front to back. Trim seams, clip curves, turn, and press. From ½ yd. of muslin, cut stocking lining. Stitch and insert in stocking; slip-stitch to stocking along top.

Gift bags:

1. Cut calico prints into rectangles of various sizes. Sew a narrow hem in 1 long edge of the rectangle; this is the top of the bag. Three inches above the remaining long edge, begin stitching rows of trim, ribbon, and name tape; or, appliqué trims and tapes with fusible webbing. Leave bottom 3 inches of rectangle empty.

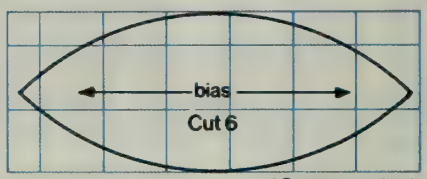
2. With right sides facing, stitch short sides of rectangle together.

3. Center the seam at the back of the bag, then stitch bottom edges together. Next, make a 1-inch gusset in each corner of the bottom of the bag to make a flat bottom.

4. Tuck gifts into the bag and tie with name tape ribbons.

Personalized ornaments:

1. Enlarge the pattern, *below,* and cut 6 shapes from cotton print fabric. Appliqué the shapes to 4-inch plastic foam balls, using pins and fabric glue. (Adjust the size of the pattern for larger or smaller balls.)



1 Square = 1 Inch

2. Cover overlaps between fabric pieces with lengths of name tapes, taking care to center name on curve of the ball. Attach bows of name tape "ribbon" to the top of each ball with straight pins, and add a U-shaped loop of wire or a hairpin to the top of each ball for hanging. Glue foil stars at random on balls.

WOODBURNED PROJECTS

To order duck decoy kits or a woodburning tool, see page 32.

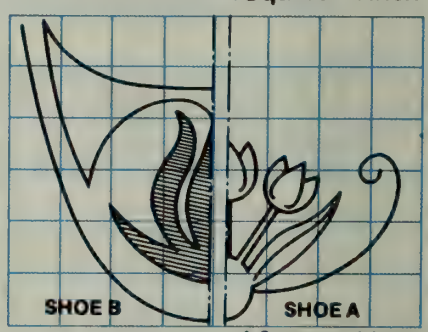
The wooden shoes, ducks, plates, and cutting board are all simple wood projects that you can make with woodburning tools. However, before you begin we suggest you practice woodburning on scraps of pine so you know what to expect from the tips on your own woodburner and how much pressure to apply as you work to achieve the result you want. Then use our patterns, below, and the photos on pages 42 and 43 as guides to creating your own designs.

For example, enlarge the designs for the shoes, transfer them to the tops of the shoes, and incise them into the wood with your woodburner. Then embellish the heels and edges of the shoes with stripes, a row of overlapping half circles, or designs of your own.

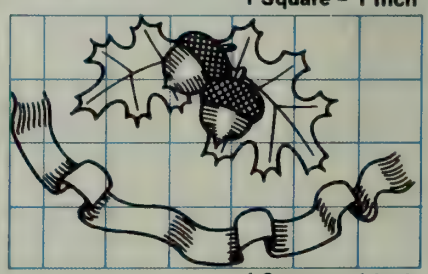
Or, enlarge and transfer the patterns for the heads of the ducks to unfinished wooden decoys. Work the designs with a woodburner, then add more motifs to the ducks' backs and sides, referring to the photos for design ideas.



1 Square = ½ Inch



1 Square = 1 Inch



1 Square = 1 Inch

continued on page 58



TRIUMPH®
beats Salem Lights!

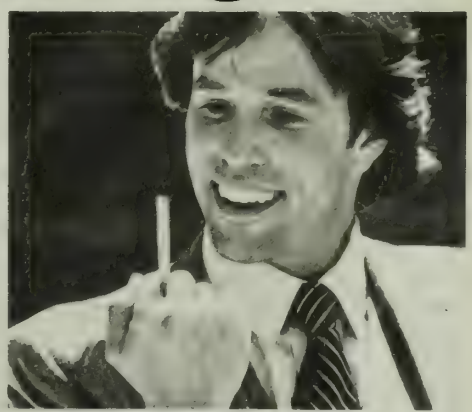
Triumph Menthol, at less than one-third the tar, preferred over Salem Lights.

When tar levels were revealed, more Menthol smokers independently chose Triumph Menthol over Salem Lights in rating overall product preference. Of those expressing a preference, over 61% preferred 3 mg Triumph Menthol to 11 mg Salem Lights.

Results showed that Triumph Menthol was also preferred by Menthol smokers over 16 mg Kool, 16 mg Salem and 8 mg Merit Menthol.

Now, test for yourself. Compare Triumph Menthol with any so-called "low tar" Menthol cigarette. You'll taste why we named it Triumph.

National Smoker Study results available free on request.
Write: National Smoker Study, P.O. Box 2733M, Hillside, New Jersey 07205



Taste the UMPH! in Triumph at only 3 mg tar.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

3 mg. "tar," 0.4 mg. nicotine av. per cigarette by FTC Method.

The new Fisher-Price Alpha Prob
space signals and danger aler



Nine-volt battery
not included.

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ounds off with roaring rockets, ut imagination makes it fly.



Fisher-Price created the Adventure People Alpha Probe to challenge the incredible imagination of your older kids.

So this sleek new spaceship comes fully equipped with special things like three unique electronic buttons. At a touch they emit different space sounds like roaring take-off rockets, while the danger alert button also sets off flashing red warning lights.

And when Alpha Probe is opened, the compact little Alpha Recon sled lifts out for exploring, guided by one of the fearless Alpha Probe astronauts.

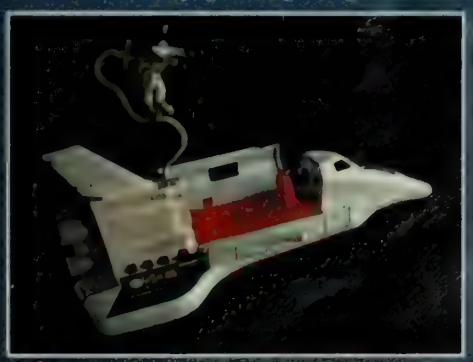
Most importantly, Fisher-Price made sure Alpha Probe is tough enough to last through years of incredible cosmic adventuring.



Alpha Recon sled can also ride piggyback on Alpha Probe.



Rocket power module from Alpha Probe fits onto sled for deep space exploring.



Life support cable lets crew member take space walks.



Unique electronic sound buttons make realistic sound effects.

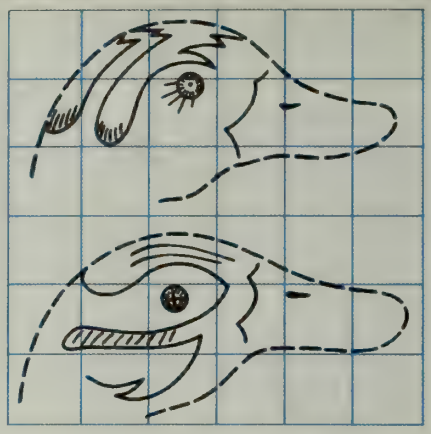
continued from page 54

Christmas crafts

Or embellish wooden plates, cutting boards, boxes, and other wood projects with wheat, acorn, or ribbon motifs. (Patterns are on page 54.)

For example, using carbon paper, transfer the enlarged wheat or acorn pattern to the center of a wooden plate or serving tray. If necessary, adjust the size of the design to fit your project. Burn the design into the wood, then remove any carbon smudges by sanding with extra fine sandpaper.

Or, trim the rim of a plate with the ribbon design, adjusting to fit as necessary. Add additional borders of your own design as desired.



1 Square = 1 Inch

ANTIQUE DOORSTOPS

Materials: ¾x6x24 inches of pine; jigsaw; sandpaper; acrylic paints.

Instructions:

1. Enlarge patterns, *page 61;* cut outlines of figures from wood using a jigsaw. For each figure, also cut a wedge-shaped stop 1½ inches wide by 4 inches long.

2. Sand the pieces and give each a base coat of gesso or white acrylic paint. Sand smooth when dry. Transfer facial and clothing details to the front, using carbon paper.

3. Referring to the photo for colors, paint features and clothing with acrylic paints. Varnish when dry, if desired. When wedge-shaped stops are dry, nail and glue them to the backs.

continued

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There's the fresh, more natural taste of the fruit itself.

Lightly, delicately sweetened with an extra light syrup (and no artificial sweeteners, ever) so they taste terrific.

More like fruits, less like sweets. More like fresh peaches, pears, apricots, fruit chunks and fruit cocktail.

Great taste is what makes new DEL MONTE Lite Fruits so good for your family.

The fact that there's less sugar (50% less added sugar than regular canned fruits) is something they need never know.

A more natural taste of fruit.

For a free Lite Fruit recipe booklet, send 1 DEL MONTE Lite Fruit label to: Lite Fruit Recipes, P.O. Box 8456-M, Clinton, Iowa 52736

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"MMMMM! Marshmallow Treats."

Holidays are the perfect time to make your family a delicious batch of Marshmallow Treats with Kellogg's® Rice Krispies® cereal and soft 'n fresh Kraft marshmallows. It's an easy no-bake recipe that your family will love eating. Enhance the holiday mood by cutting the cooled Marshmallow Treats into Christmas trees or molding it into ornaments or bells. Finish with frosting and decorations. Use toothpicks to join Kraft regular and miniature marshmallows to build elves and snowmen. And we'll make this easy recipe even easier with two 10¢ coupons to get you started.



RICE KRISPIES MARSHMALLOW TREATS

1/4 cup margarine
1 package (10 oz., about 40) **KRAFT** Jet-Puffed Marshmallows OR 4 cups **KRAFT** Miniature Marshmallows
5 cups **KELLOGG'S RICE KRISPIES** cereal

Melt margarine in large saucepan over low heat. Add marshmallows and stir until melted and well blended. Remove from heat. Add Rice Krispies cereal. Stir until well coated. Press mixture evenly into greased 13 x 9 x 2-inch pan. Cool completely.

Yield: 24 squares, 2 x 2 inches



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"PHILLY" BELLS & TRISCUIT WAFERS MAKE YOUR HOLIDAY GET-TOGETHER JINGLE WITH FLAVOR.



For a festive holiday table, entice your guests with this velvety smooth and cri holiday treat. Tasty, 100% whole wheat Triscuit Wafers and a lusciously crea cheese spread made from Philadelphia Brand cream cheese and spreadable Crac Barrel cold pack cheese food.

"PHILLY" CHEESE BELL

1 8-oz. pkg. Cracker Barrel brand sharp cheddar flavor cold pack cheese food
1 8-oz. pkg. Philadelphia Brand cream cheese
2 tsp. chopped pimiento; 2 tsp. chopped green pepper;
2 tsp. chopped onion; 1 tsp. Worcestershire sauce;
½ tsp. lemon juice; Triscuit Wafer

Combine cold pack cheese food and softened cream cheese; mix until blended. Add remaining ingredients; mix well. Mold into bell shapes, usi cold pack containers lined with plastic wrap. Chill until firm. Unmold and gar with pimiento strips, if desired. Spread over Nabisco Triscuit Wafers. Yield: 2 b

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ORE-IDA TATER TOTS® with dip and this Welch's Grape Holiday Punch complement any occasion.

WELCH'S® GRAPE-CRANBERRY HOLIDAY PUNCH

1 can (12-ounces) Welch's Frozen Concentrated Grape Juice, thawed

¾ cup Welch's Frozen Concentrated Cranberry Juice Cocktail, thawed

2 cups orange juice

2 bottles (1 quart each) lemon-lime soda, chilled

Ice

Orange and lime slices

Combine grape juice concentrate, cranberry juice concentrate and orange juice in large punch bowl. Refrigerate until thoroughly chilled. Just before serving, add ice cubes and pour in soda. Float fruit slices for special garnish. Makes 25 ½-cup servings.





When that special someone drops by, serve him something different.

Spread some good will and holiday cheer with ORE-IDA TATER TOTS®. Whether they're wrapped in bacon, sprinkled with cheese, dipped in dip, or by themselves, Tater Tots® are a deliciously different way to serve potatoes.

And for a truly tasty Christmas combo, serve them with this refreshing holiday punch, made with WELCH FROZEN GRAPE CONCENTRATE.

So eat, drink and have a merry.



Fleischmann's wishes you good health, good holidays and good eating. 100% corn oil. 100% delicious.

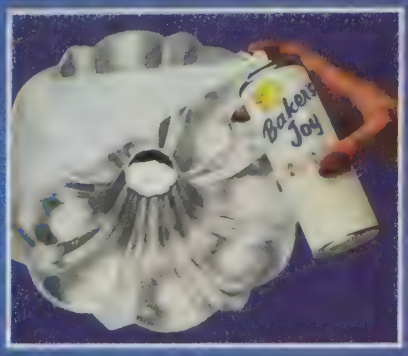


Fleischmann's means 100% pure corn oil, 0% cholesterol, low in saturated fats. So don't just use it for the holidays.

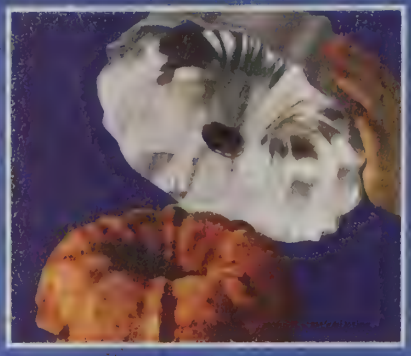
Make Fleischmann's Margarine a New Year's resolution.

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New Baker's Joy takes the hum-bugs out of baking.



It's grease and flour in one clean, easy step!



No mess. No stick.



Success!



New Baker's Joy combines pure vegetable oil and enriched flour in one neat, convenient spray. A spray that goes on so smoothly and evenly, there's never a mess.

With just a touch of the hand, your cake or bread pops out of the pan. Muffins and cookies, too!

So for joyous baking this holiday season, try new Baker's Joy. And make greasing and flouring a thing of Christmas past!

Free recipes for our Christmas cake (pictured), and more! Send name and address, plus 25¢ to cover postage and handling to Baker's Joy Recipes, P.O. Box 501, Prospect Heights, IL 60070. Offer expires June 30, 1981. Void where prohibited or regulated.

NEW IMPROVED KAVA INSTANT. LESS ACID IN THE CUP, MEANS MORE ROOM FOR GOOD TASTE.







Kava is the one instant coffee that's never bitter, because it's 90% acid-neutralized. And now it tastes even better, thanks to a special new blend of quality coffee beans.

And thanks to the fact that Kava is 90% acid-neutralized, the new, extra-rich, smooth coffee flavor can really come through.

So take advantage of our 75¢ offer and find out just how good New Improved Kava Instant really is.

LESS BITTER MAKES KAVA LOTS BETTER.

Try this elegant vegetarian paté...

just one of the creative things you can do with Blue Diamond® Almonds.

This sophisticated recipe – not half so rich as the usual liver patés – is a real discovery. You make it with Blue Diamond® whole natural almonds, one of five ready-to-go forms of Blue Diamond® cooking almonds. (From the top in jar: chopped, blanched whole, sliced natural, whole natural, blanched slivered.) Each adds texture, eye appeal and wonderful flavor to foods.

ALMOND MUSHROOM PATÉ

1/2 small onion, quartered
1 small clove garlic
1/2 pound fresh mushrooms, halved
2 tablespoons butter
1/4 teaspoon salt
1/8 teaspoon tarragon, crushed
Dash white pepper
1 package (10 ounces) Blue Diamond® Blanched Whole Almonds, toasted
1 tablespoon dry sherry
1 tablespoon heavy cream

In food processor with metal blade, process onion and garlic with on-off bursts until coarsely chopped; set aside. Process mushrooms with on-off bursts until coarsely chopped. Melt butter in medium skillet; add onion, garlic, mushrooms, salt, tarragon and pepper. Cook, stirring occasionally, until most liquid has evaporated. Reserve 2/3 cup almonds for garnish. Process remaining almonds until coarsely chopped. Reserve 2 tablespoons. Process remaining almonds to form a paste. Add mushroom mixture, sherry and cream; process until smooth. Add reserved 2 tablespoons chopped almonds; process with on-off bursts. Cover and chill. Mound paté on serving plate. Garnish with reserved 2/3 cup almonds. Makes about 1½ cups.

BLENDER INSTRUCTIONS: Follow instructions above, using electric blender to chop and grind almonds. Add sherry to ground almonds; blend until smooth. Transfer to bowl. Chop onion, garlic and mushrooms; cook as directed. Add mushroom mixture and cream to blender; puree. Blend thoroughly into almond mixture. Stir in reserved chopped almonds. Finish as recipe directs.



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continued

Christmas crafts



1 Square=1 Inch

CROSS-STITCHED HAND TOWELS

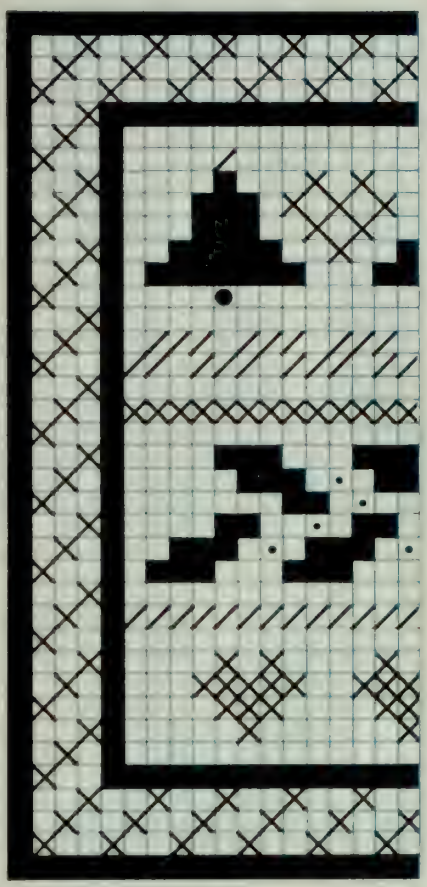
Materials: 15x24 inches of even-weave hardanger or Aida cloth (for each); embroidery floss or pearl cotton in green, red, gold, and brown; colored pencils; graph paper.

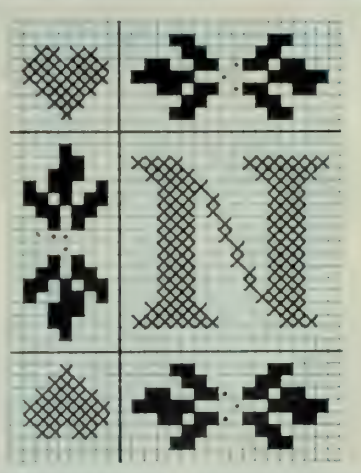
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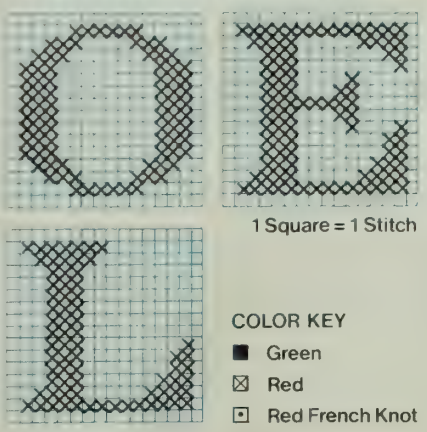
1. Using colored pencils, transfer the charts, *right*, to graph paper and complete the designs, referring to the color photo for placement of repeat motifs in the "NOEL" design. Repeat the motifs within the other hearts and bells design until the pattern is 119 stitches wide, including the border.

2. Beginning in the middle of one short edge of the fabric, work the bottom row of the design of your choice 1½ inches above the raw edge. On hardanger cloth, work stitches over 2 threads; on Aida cloth, over 1 thread. Complete the design across 1 end of the towel, following the chart and color key.

3. Turn up narrow hems along sides and ends of towels to finish. Or, if desired, hem sides of towel and fringe the last ½ inch of the ends.







1 Square = 1 Stitch

COLOR KEY
- ■ Green
- ⊠ Red
- ⊡ Red French Knot

◀ 1 Square=1 Stitch

COLOR KEY
- ■ Green
- ⊠ Red
- ⊡ Red French Knot
- ⊘ Gold
- ◉ Brown

FISH DECOYS

Materials: ¾x6x24 inches of pine; scraps of thin metal; ⅛-inch metal rods; glue; white, black, green, yellow, and red paint.

Instructions:

1. Enlarge the patterns, *below*, and cut *two* of each fish shape, excluding the fins, from wood. (Duplicate fish shapes will be glued together with metal fins between.)

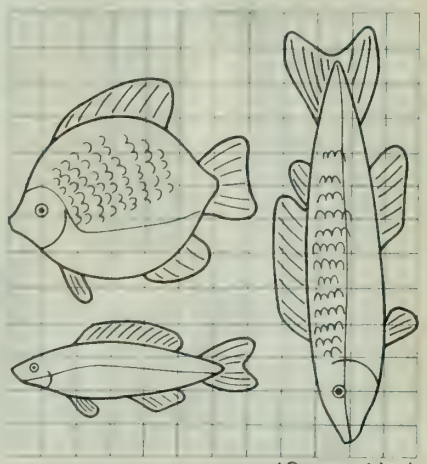
2. Round outer edges of wood shapes (that will not be next to fins) with a wood rasp and sandpaper.

3. Cut fins from a thin metal sheet, adding about 1 inch to margin of fins that will be sandwiched between wooden fish sides.

4. Glue right and left sides of fish together, with fins slipped between. Clamp until dry.

5. Paint fish, using photos as a guide. Then drill a hole in underside of fish for the metal rod. Cut rod 3 to 8 inches long; glue into fish.

6. Cut square or round bases for fish from scrap lumber; drill hole in center of each for the metal rod.



1 Square=1 Inch

WOOL DOILY

To order free instructions, except for 75¢ postage and handling, see page 32.

WOODEN BIRD WREATH

Materials: 1x20x20-inch piece of plywood; scraps of ¾-inch pine for leaves and birds; six 2-inch pieces of slim wire rod; assorted paints; glue.

Instructions:

1. Enlarge the pattern, *page 64*, and

continued on page 64


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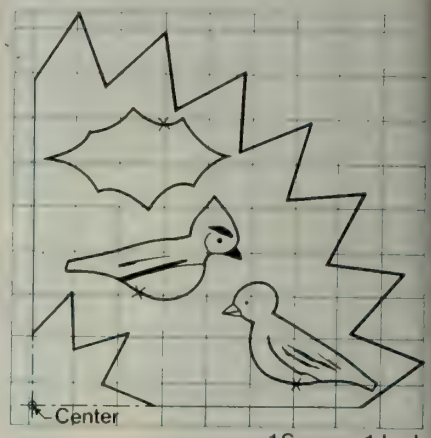
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continued from page 61

Christmas crafts



1 Square = 1 Inch

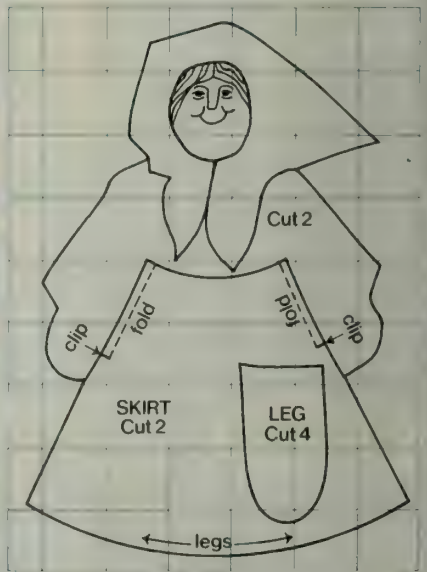
cut the wreath from plywood. Cut 6 leaves and 6 birds from ¾-inch pine. Round the edges of the birds with a file and sandpaper.

2. Drill small holes into leaves and birds at Xs marked on patterns. Glue metal rods into holes in leaves, then nail and glue leaves to wreath, spacing them evenly.

3. Paint the wreath white, leaves green, and birds in colors of your choice. Mount birds on metal rods.

PEASANT DOLL

Materials: Black cotton with woven pattern for body; quilt batting; fusible webbing; scraps of dark blue or gray cotton (skirts), lace fabric (aprons),



Small: 1 Square = 1 Inch
Medium: 1 Square = 1½ Inches
Large: 1 Square = 2¼ Inches

continued



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continued

Christmas crafts

blue, dark red, or black floral print (scarves), and muslin (faces); fiberfill; black embroidery floss; black and white sewing thread.

Instructions:

1. Enlarge pattern, *page 64,* to make doll desired size. Cut basic doll shape and legs from black cotton with woven pattern. Cut solid-color skirts (front and back), print-fabric scarves (front and back) and 2 pieces of fusible webbing to match scarves. Also cut a circular muslin face slightly larger than the face on the pattern.

2. Lay fusible webbing in place on scarf area of basic black doll front. Cut out the circular face shape from the floral scarf front, then lay the scarf front atop the fusible webbing. Slip a circle of muslin beneath the scarf front; fuse the scarf and face onto the doll front, using a warm iron. Repeat for the scarf back, except omit the face cutout.

3. Clip skirts as shown. Place on doll front and back, fold edges under, and press to set folds.

4. Using black thread, machine satin-stitch around scarf ties and face (on front) or neck edge (on back). Satin-stitch skirt to waist of doll. Attach skirt sides and bottom to basic doll by stitching ¼ inch from raw edge.

5. Cut apron from lace fabric, gather waistline, and satin-stitch to doll front with white thread.

6. Hand-embroider doll's facial features with 3 strands of floss.

7. Stitch and stuff doll's legs.

8. Back doll front and back with quilt batting cut to size and sewn to raw edges. Then sew front to back, right sides facing, using ¼-inch seam allowance. Leave skirt bottom open.

9. Trim seams, clip curves, turn, and stuff doll with fiberfill. Insert legs in skirt bottom; close seam.

SAMPLER DOLL

To order a kit for the doll, see page 32.

Materials: "Josette" doll kit; scraps of fabric and lace, ribbon, appliqués, buttons, beads, and other trims; pearl cotton embroidery thread in colors of your choice.

Instructions:

1. Construct the body of the doll according to kit directions.

2. Construct clothing, following kit directions, or create your own designs. Use as many different fabrics for the doll's clothes as possible, and make her clothing as simple or elaborate as whimsy and available fabrics, laces, and trims suggest.

For example, make the petticoat of scraps from an old silk scarf. Cut the sleeves, bodice, and collar of the blouse from different lightweight fabrics and trim with scraps of lace and tiny antique buttons.

For the skirt, stitch a crazy-quilt-patterned rectangle, using scraps of wool and silk overlaid with bits of ribbon, lace, purchased appliqués, etc. Finish the seams of the crazy-quilt patching with rows of feather stitches, using pearl cotton in complementary colors. Gather the skirt to fit the doll's waist. Hem the bottom.

You may also wish to outfit the doll with additional clothing and accessories. Here are some suggestions: Make a pair of boots or an old-fashioned reticule from a pair of worn leather gloves. Use delicate lace hankies to fashion an elegant nightdress. Or stitch a circular cape from lightweight wool, satin, or silk; trim with narrow satin ribbons.

continued



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continued

Christmas crafts

CHILDREN'S FURNITURE

To order project plans for child-size love seat, chairs, tables, and china cabinet, see page 32.

NEEDLEPOINT PILLOW

To order a free pattern and instructions, except 75¢ for postage and handling, see page 32.

"HOME SWEET HOME" SAMPLER

To order a stamped kit, see page 32.

Materials: 15x22 inches of #14 off-white Aida cloth; embroidery floss in the following colors: light and dark blue, light and dark pink, light and dark green, brown, and gold; embroidery hoop; embroidery needle; colored pencils; graph paper; masking tape.

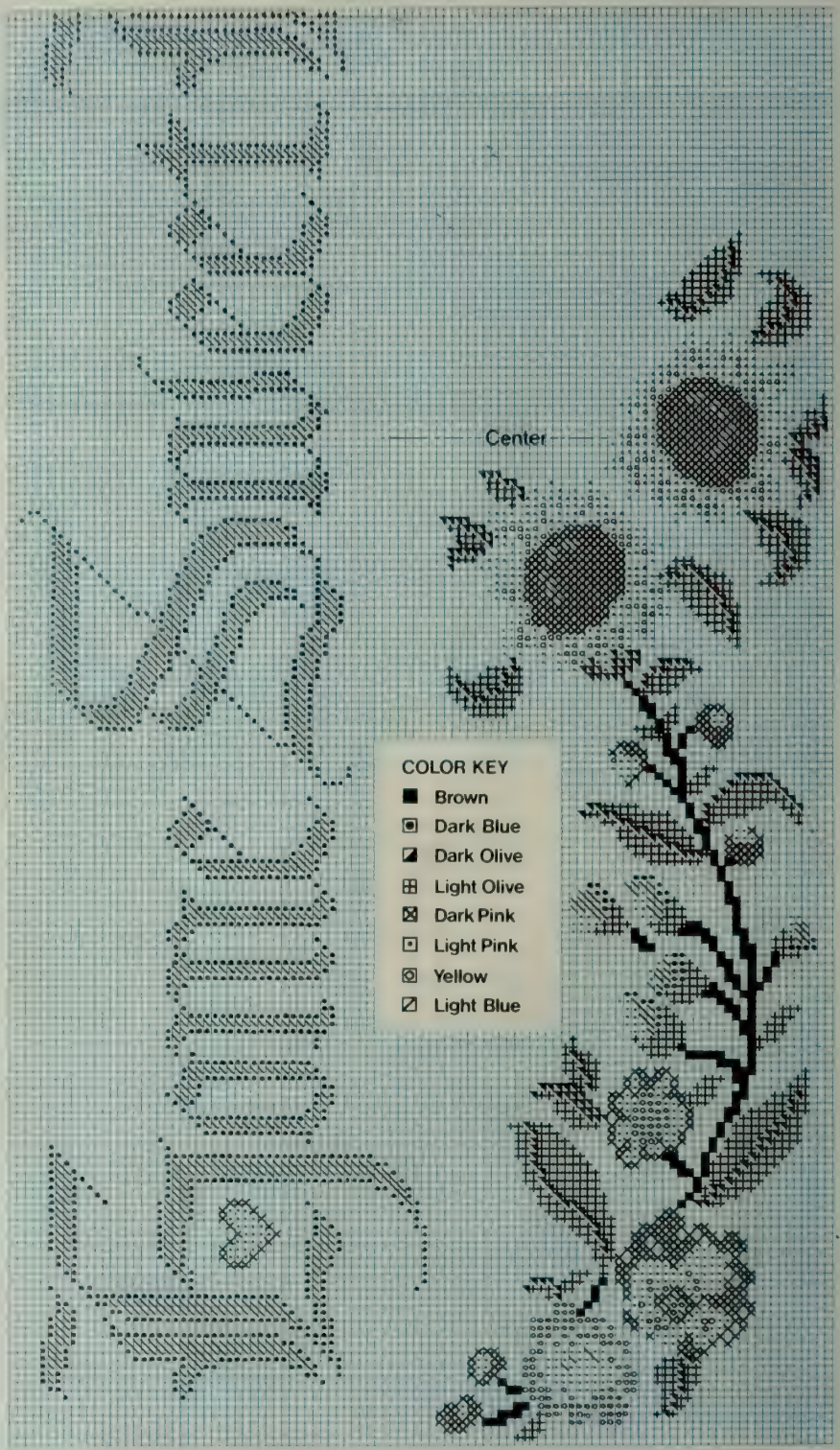
Instructions:

1. Using colored pencils and a piece of graph paper as large as the fabric, complete the chart at right. Flop the floral motif to the right side and graph. Then flop the entire motif above the saying and graph. Complete lettering; motif to right of "Sweet" indicates placement for "Home."

2. Bind edges of fabric with tape. Locate centers of fabric and chart to begin working.

3. Place fabric in hoop; keep fabric taut for best results. Use 2 strands of floss for working counted cross-stitches over 2 threads of fabric.

4. Block finished piece by pressing with a damp towel. Center sampler on a piece of mat board cut to size. (Pad with quilt batting if desired.) Frame.



1 Square = 1 Stitch

HANDKERCHIEF TABLECLOTH

Note: Tablecloth is 38 inches square.

Materials for cloth and four napkins: Thirteen 10-inch-square embroidered batiste handkerchiefs; 14 yds. of [illegible] lace.

Instructions:

1. Arrange [illegible] in 3 rows of 3 handkerchiefs each. Stitch [illegible]-inch lengths of lace between handkerchiefs to make rows. Then sew rows together using [illegible] 34-inch strips of lace between.

2. To finish cloth, [illegible] outer edge with lace, mitering [illegible] each hankie with lace, mitering the corners for an attractive finish.

3. For napkins, trim [illegible] of

RUFFLED DRESSES

To order kits for ruffled heritage dresses, each in 2 colors and 3 sizes, see page 32. Kits include pre-cut fabric, instructions, and embroidery patterns.

WOODEN DOLL

Materials: 1¼x1¼x4 inches of sugar pine or basswood for body; two ¼x3-inch dowels for arms; two 5/16x4¼-inch dowels for legs; two 2½-inch pieces of 18-gauge wire for attaching arms and legs; carbon paper; stain; varnish; paint; paintbrushes; fabric scraps, trims, and laces for clothing.

continued

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continued

Christmas crafts

Instructions:

Note: Before carving doll, test the paints and varnish you intend to use on scraps of the same wood. Test the varnish over and under your paints unless you know they are compatible.

1. Transfer the full-size patterns at right to tracing paper. Trace the front and side patterns onto the wood block, using carbon or dressmaker's tracing paper. Drill holes as noted on the pattern for arms and legs, using a 1/16-inch drill bit.

2. With coping saw or jigsaw, cut away excess wood on side view of doll. Keep cuts *outside* drawn pattern lines. Cutting around curves is easier if you make straight cuts from the edge of the block to the pattern line at the neck and waist.

3. Redraw doll on front of block. Carefully cut mortises (slots) for legs in lower body. Cut excess wood from around the pattern, staying outside pattern lines.

4. With whittling knife, shape body and head, working on corners and edges first. Turn the doll often as you work. Whittle from high places to low places to avoid splitting the wood.

5. Smooth wood with file or medium sandpaper; finish with fine sandpaper.

6. Carve tenons in legs; drill hole through tenon as shown. *Note:* tenons should fit smoothly into mortises; check for proper fit but do not assemble permanently.

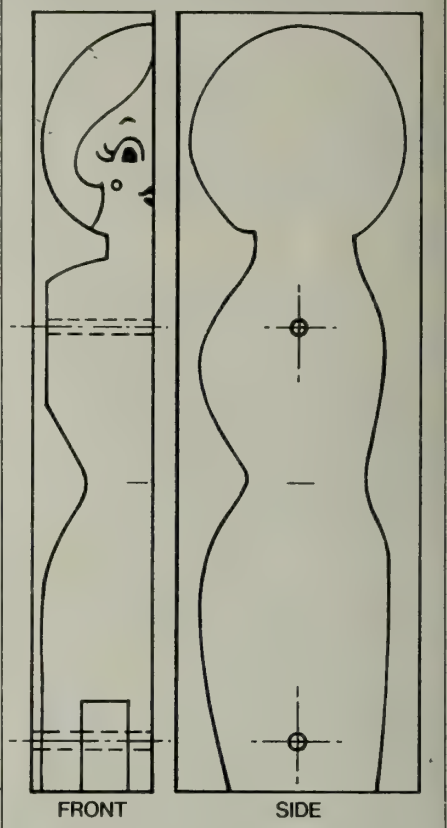
7. Carve arms and hands as shown in diagram; drill arm holes.

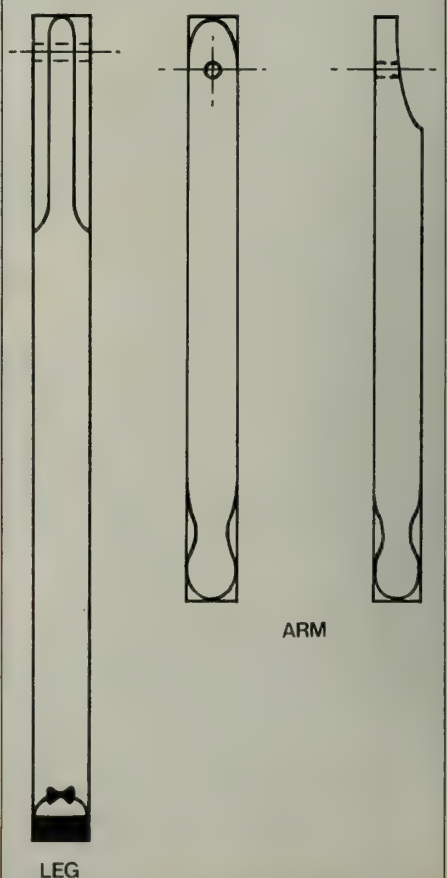
8. If desired, stain and/or varnish doll. Sand smooth when dry.

9. To assemble doll, make a small loop in the end of a piece of wire, using needle-nose pliers. Thread straight end of wire through arm, body, then other arm; make a small loop on other end of wire to secure arms in place. Repeat for legs.

10. Paint facial features, hair, and shoes on doll. Varnish when dry.

11. Make doll's clothing from small rectangles and squares of calico print fabrics. For example, to make a blouse use 2 squares for the front and back (cut a back opening). Cut 2 rectangles for the sleeves. Gather necklines, sleeves, and waistlines to fit; add lace or ribbon trims if desired.







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100 WAYS TO MAKE YOUR *Christmas Merrier*



Strike up a *marche militaire,* Christmas-style, by stitching an entire brigade of musically minded toy soldiers from a single Army blanket. Our stand-in Santa, dressed in sparkling red satin, is enchanted with these high-stepping characters—as everyone on your gift list will be.

For how-to, see Index of Instructions, page 146.

Buying information, page 148. Designer credits, page 150

All photographs this section: Bradley Olman

REKINDLE THE SPIRIT OF *Christmases Past*





Memories of holidays long ago will always hold a special place in our hearts. To help recall those happy times, we've assembled a treasure trove of old-fashioned ornaments, gift ideas, and special-day apparel to make for those you love.





The tree is an enchanting symbol of the season, and ours *(left)* is lovingly decorated with heritage ornaments for you to make.

Grace the boughs with the lacy beauty of eyelet-trimmed balls *(see photo, top)*. And if you crochet, cover round mirrors with gold and silver threads. Or, personalize purchased satin balls with crochet. Decorate other satin balls with lace motifs cut into snowflake-like patterns. For a "family tree," place family photographs in gold frames. Hearts of pink lamé add color to the tree boughs.

Father's vest is stitched from a crazy quilt of neckties, while Mother's blouse is trimmed with ribbons. Any young lady would love a fancy yoke made from dainty flea-market doilies.

Packages wrapped in gold paper and cording add elegance. And Grandmother's gloves are the top gift of the day *(above)*.

For how-to, see Index of Instructions, page 146.

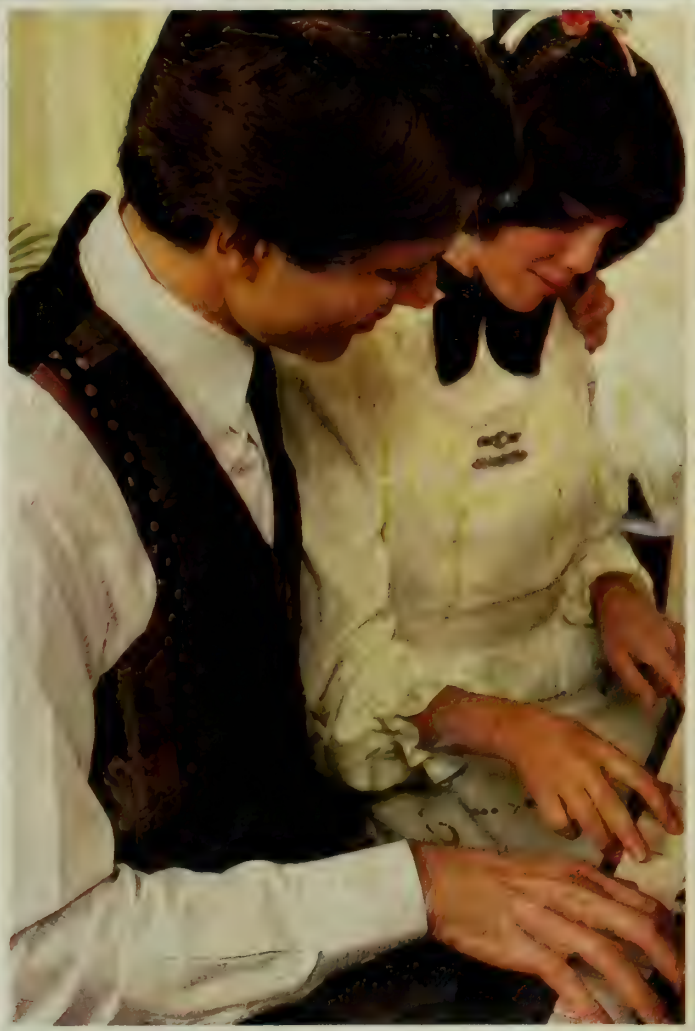
BEDECK YOURSELF FOR *Holiday Festivities*





An impromptu family recital is a great way to share the happiest sounds of the season while building a memory to treasure for years. So follow our merry lead and orchestrate a repertoire of holiday wearables, gifts, ornaments, and wrappings.





Neckties can provide the makings for unique holiday projects, such as the dazzling stocking *(top)*, satiny fan pillows, and ornaments. For the striped ornaments, glue tie sections to foam balls, then edge with gold cording *(see page 79 for a closer view)*. And to make Dad's easy-sew vest, stitch fabric scraps in vertical strips.

Our young violinist wears an elegant apron made from dresser scarves edged with ribbon. A bit of the handwork had been re-embroidered in embroidery floss for a blush of pale color. *(See photo above for a closer look)*. The admiring audience-of-one is dressed in a frilly jabot stitched from purchased lace. Grosgrain ribbon bows decorate her tiered patch skirt. Family gifts *(far left)* are given a festive holiday glow with rose-patterned fabric wrappings.

For how-to, see Index of Instructions, page 146.

GREET YOUR GUESTS WITH Holiday Treasures



For a special centerpiece, place pretty bottles and fresh flowers center stage *(right)*. Our wreath is a mix of gold paper doilies and bouquets of baby's-breath. Or, arrange "leaves" of necktie scraps into a wreath *(below)*. Our buttons-and-bows stocking is a new-style "patchwork" of bright decorative tapes and fabric scraps.

Add party sparkle *(opposite)* by sprinkling lush lamé roses on wires among fresh flowers. Or, make a rose wreath by adding lamé leaves and a bow. The cuddly rose-patterned bear *(far right)* is an ideal gift for any young-at-heart friend.

Our party-pretty tablecloth is stitched from floral ribbons in a random plaid. The hostess' crocheted collar and gloves are also quick projects. Her cummerbund is stitched from fancy fabric scraps. And here's a closer peek at the glimmering necktie ornaments *(opposite)*.

For how-to, see Index of Instructions, page 146.







SHARE HANDMADE GIFTS WITH *Those You Love*

Our small sachets *(right)* and "rose" pillow *(below)* work up quickly from purchased appliqués. The heart sachets and ribbon pillow *(below)* hold pins made from floral fabric. Our needlepoint dolls *(below and opposite)* are in three sizes for use as sachets, curios, even toys.

The sassy duck perched atop the hutch *(opposite)* is made from flea-market quilt fabric. The shelf sports a filet crochet edging—ideal for pillowcases and hankies. The trio of checkered quilt block pillows speak of "Humor," "Patience," and "Friendship." The fancy tins make great gifts as well as gift containers. The embroidered pillowcase enhanced with hairpin lace edging is still another handcrafted gift idea.

For how-to, see Index of Instructions, page 146.







STITCH A KEEPSAKE FOR *Someone Special*



This Christmas, make sure someone you love finds something very special beneath the tree. Creating a present takes time and effort, but you'll be well rewarded when you see the joy that a unique gift brings.

The musical angel *(right)* is a lovely addition to any home. Draw her on muslin, apply a wash of paints, and add fabric appliqués to her heavenly sash and stars. Then embroider the features and quilt the figure with outline stitch. You can make the angel large, or create an angelic host of soft ornaments (one ornament can also be a tree topper).

Start stitching now, and your little ones can awaken Christmas morning to a roomful of handmade gifts. A pretty dress *(opposite)* becomes party-special when this floral apron of turkey red embroidery is added. Chinese-style slippers take on "boutique chic" when adorned with embroidery. And these lacy crocheted gloves will be treasured for years to come.

The bed is laden with handmade keepsake pillows (those in the basket are made from pieced quilt blocks). Personalize each friendship pillow by embroidering a special someone's name in the center. To craft the soft-framed wall hangings *(far right)*, stitch delicate bird and flower motifs in turkey red embroidery (we found the motifs on flea-market pillow shams).

For how-to, see Index of Instructions, page 146.



Cooks with a Christmas Tradition

Not all Americans celebrate this joyful season with a classic roast turkey and trimmings. For the Teagues and the Carafolis, the holidays are a special time to re-create the unique food traditions passed on by their parents and grandparents. Here and on the following pages, these two families show you how they cook up a merry holiday with intriguing regional and ethnic favorites. You might make one of them a holiday tradition at your house, too.



Photographs: Ross Chappel

The Teagues' Southern Spread

One glimpse of the holiday table at Patti and Walt Teague's farmhouse in North Carolina tells volumes about their Southern food traditions at Christmastime. Patti says proudly, "We have a repertoire of old family favorites that are musts at our house during the holidays."

When it comes to preparing the family specialties, Patti says Walt's mother, grandmother, and her mother have all been inspirations to her. Now Thanksgiving and Christmas are celebrated with large reunions on the family farm, and everyone contributes to the feast.

Pictured opposite, *clockwise from the top:* Moist **Banana Nut Cake** holds a rich walnut or pecan filling. Hearty **Deep-Dish Chicken Pie** is poultry encased in a buttermilk crust. **Peanut Butter-Chocolate Bonbons** are as delightful as they sound. Slices of Patti's special **Stuffed Breast of Veal** feature an herbed beef and bacon stuffing. Homegrown vegetables go into **Carrot Pudding.** And **"Whoppie" Pies** aren't pies, but cream-filled chocolate cookies.

Recipes begin on page 104.

Above: *The Teagues gather together for the holiday feast. From left are Joyceleyn (Patti's mother), Laurin (their niece) with Walt, Patti, and Grandfather Walters.*



Cooks with a Christmas Tradition

John Carafoli's Italian Board



For John Carafoli, the holidays wouldn't be complete unless he hosted an Italian-American Christmas dinner. What spurs him on are childhood memories of lovingly prepared foods that were an integral part of family get-togethers. Each year at Christmastime, John carries on the tradition by producing an impressive ethnic spread for his brother, sister-in-law, niece, and nephew.

Here's how John describes A typical Italian-American Christmas dinner scene from his childhood: "A pasta course, usually tortellini in homemade chicken broth, was always served for starters. This was followed by poultry stuffed with seafood, and a mixed vegetable dish of winter squash, turnips, plus carrots—to make the turnips acceptable to the kids. Accompaniments included a cranberry sauce or relish, and there was always homemade Italian wine."

"After the meal," John continues, "a separate table was filled with desserts, and everyone could choose one or all of them. A favorite of my grandfather's was warm roasted chestnuts in wine. He used the coal furnace in the cellar to roast the chestnuts, then brought them up to the table. We all peeled the hot chestnuts and soaked them in his delicious homemade red wine."

As a result of John's experiments in the kitchen, the old-world dishes he remembers have improved with age. *Right, clockwise from bottom left:* Traditional **Seafood-Stuffed Capon** is filled with shrimp, scallops, and filberts. A rich seafood **Butter Sauce,** one of John's innovations, is spooned over each serving of capon. Another after-dinner favorite from the Carafoli board, **Orange Zabaglione,** is a citrusy cross between two Mediterranean favorites: zabaglione and cream, and zuppa inglese. **Roasted Chestnuts in Red Wine** are served with Italian cookies for dunking. Unusual **Sweet Ravioli** are shaped like pasta, but are actually deep-fried cookies with a surprising mince-apple filling.

Recipes begin on page 104.

Above: *John maintains a Carafoli Christmas tradition—roasting chestnuts for dessert. Looking on are John's sister-in-law Karen, niece Amy, John's sheep dog Rugby, nephew Jonathan, and John's brother Richard.*





Put on a FESTIVE BUFFET

Of course buffet-style entertaining has been popular for decades, but it's especially appropriate for today's fast-paced holidays because it saves both time and energy. All it takes to pull your holiday buffet together is some judicious preplanning. Jot down a simple schedule for preparing all of the food ahead (except for the final decorations). Then when the Christmas festivities begin, you'll be free to join in the good fellowship. And the nicest part is that a buffet lets you invite as many as you like—the more, the merrier!

On the next four pages are two holiday-special buffets: Go traditional with the sumptuous appetizer collection *above.* Or, start a brand-new tradition with a stunning sideboard of delectable desserts (featured on the next two pages).



Photograph: William K. Sladcik. Food stylist: Fran Paulson

A TEMPTATION OF APPETIZERS

When you're entertaining a crowd at holiday time, you want refreshments that delight the eye as well as the taste buds. This help-yourself lineup of gala appetizers more than fills the bill. All the foods not only look and taste extra special, they're also extra easy because most of the makings can be assembled a day or more before. Then you can put together the appetizer pie, sandwich board, and beverages in minutes just before your guests arrive.

(Right, from top to bottom): Nestled under a fringe of evergreen is pastel **Lime Daiquiri Sipper. Beer-Cheese Pinecones** are almond-studded mounds of smoked cheddar. Leftovers from the holiday bird can attend your New Year's bash incognito—as relish-garnished **Turkey Pâté,** an easy put-together. Assemble **Salmon-Stuffed Pasta Shells** ahead, then slip them into the oven when guests arrive. Serve them with lemon and lime wedges.

(Left, from top to bottom): **Appeteaser Pie** has a super-simple crust made from refrigerated crescent roll dough. Guests will warm up to **Punched-Up Hot Cider,** spiked with Southern Comfort, while they're sampling ethnic tidbits from the **United Nations Sandwich Board.**

Recipes begin on page 116.
Buying information, page 148



Put on a

FESTIVE BUFFET

A DELIGHT OF DESSERTS

Christmas isn't Christmas without visions of sugarplums, so why not treat your guests to this luscious smorgasbord of desserts? It's a feast for the eyes—and it's a piece of cake to assemble when you make all the desserts in advance. That way, only the hot espresso and the champagne punch will require your last-minute attention.

Undoubtedly your guests will want to sample several of the desserts in this *crème de la crème* buffet, so cut them into small portions (you can figure on gaining a few extra servings per recipe).

As for the serving setup, it can be wherever suits your space and taste. The traditional buffet isn't obligatory—a kitchen counter top or a



wide fireplace mantel also makes a handy serving center. Or you might showcase the desserts on the cleared-off shelves of a bookcase or an étagère. Or arrange the food on small tables throughout the living room, the dining room, and kitchen.

Bubbly **Kir Champagne Punch** *(top right)* gets its rosy glow from crème de cassis (currant liqueur) and raspberries. For extra sparkle, float an ice ring of raspberries and orange slices in the center. **Spirited Beer Fruitcake** *(center right),* festooned with a candied fruit garland, is soaked in stout for up to a week before it's served. Clouds of whipped cream and chocolate curls float atop tiny cups of **Espresso Alexander Demitasse** *(on tray, right).* Irresistible **Gingerbread Spritz** *(also on tray)* are molasses butter cookies spiced up with cinnamon, ginger, and cloves. Sugar-sprinkled **Cranberry Jellies** *(center right)* are studded with chopped walnuts. **Chantilly Flips** *(center left)* are enticing sponge cake rounds filled with almond-liqueur-spiked whipped cream. A pastry crust and custard filling, topped with a dazzling display of dried fruits, make **Jeweled Fruit Tart** *(bottom left)* a rare treat. And who can resist sampling a basketful of cream cheese-filled **Christmas Wreath Rolls** *(top left),* decorated with fruit preserves?

Recipes begin on page 116.
Buying information, page 148

The Adaptable Christmas Dinner...

It's a Christmas feast for a dozen—or is it? Yes, the very special holiday buffet shown here can serve up to 12. But if you'll be dining with a more intimate group of, say, four to six, turn the page for a menu that's tailored to work just as deliciously for you.

...for 12

Buffet Menu for 12

- **Wild-Rice-Stuffed Turkey with White Wine Gravy**
- **Planked Sweet Potatoes**
- **Vegetable Vinaigrette**
- **Eggnog Flan Salad**
- **Parmesan Pastry Twists**
- **Neapolitan Mousse Pies**
- **White or Rosé Wine**

Not only can you feed a hungry dozen with this delectable dinner, you can count on having tasty leftovers to enjoy later. And, you can make the vegetable side dish, fruit salad, and dessert before Santa makes rounds.

The star of the buffet for 12 is the glorious **Roast Turkey with White Wine Gravy** *(top right)*. The bird is dressed with **Wild Rice Stuffing** and sports a collar of **Planked Sweet Potatoes. Vegetable Vinaigrette** *(back center)* makes a tempting buffet centerpiece. Novel **Eggnog Flan Salad** *(front center)* is served in wedges. **Flaky Parmesan Pastry Twists** *(front left)* are easy to make with frozen patty shells. For dessert, there are two celestial **Neapolitan Mousse Pies** *(far right)*.

Recipes begin on page 98.





Photograph: William K. Sladcik. Food stylist: Fran Paulson

The Adaptable Christmas Dinner...

...for a Few

Compare this feast with our dinner for 12 on the preceding pages—the only real difference is quantity. Here **Rolled Roast Turkey** *(center left)* is flanked by **Wild Rice Stuffing Balls. Whipped Sweet Potatoes** *(back right)*, first-course **Vegetable Vinaigrette** *(front)*, **Eggnog Salad Mold** *(back left)*, and a half recipe of **Parmesan Pastry Twists** *(front, on plate)* complete the sit-down dinner. Dessert is individual **Neapolitan Mousse Meringues** *(center right)*.

Sit-Down Dinner for 4 to 6

- **Rolled Roast Turkey with Wild Rice Stuffing Balls/White Wine Gravy**
- **Whipped Sweet Potatoes**
- **Vegetable Vinaigrette in Tomato Cups**
- **Eggnog Salad Mold**
- **Parmesan Pastry Twists**
- **Neapolitan Mousse Meringues**
- **White or Rosé Wine**





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Ice Cream Desserts Easy Snacks

Do you have a novel homemade ice cream or ice cream dessert recipe? Have you come up with some easy and tasty snacks for nibbling? Send us your recipes—you could be a winner next July. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next July. All 16 Winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Ice Cream Desserts

Your idea might be a start-from-scratch ice cream, sherbet, or ice recipe. But you can base your special dessert on any type of ice cream, ice milk, frozen yogurt, or sherbet. Hints: **frozen raspberry yogurt tortoni, rum-apple sorbet, rocky road Alaskas.**

Easy Snacks

Enter any no-fuss snack or appetizer recipe, such as a beverage, dip or spread, bite-sized sandwich, nibble mix, or low-calorie tidbit. Maybe your idea features leftover meat or vegetables. Hints: **cherry-berry treats, blender carrot-spread, Mexican munchies.**

THIS MONTH'S WINNERS

(See recipes on pages 113 and 114)

Cooks-of-the-Month

Mrs. Esther Bucher, Leola, Pa.
Mrs. Jeanne Howard, Monterey Park, Calif.

Runners-up

Charlotte Adams, Detroit, Mich.
Karen Ehrke, Woodland, Calif.
Carol Majewski, Warren, Mich.
Mrs. Jimmie L. Trainham, Phenix City, Ala.

Honor Roll

John A. Barnstead, Kokomo, Ind.
Mrs. Judee Disco, Preston, Conn.
Marjorie Duffy, Paramus, N.J.
Sally Flanzer, Little Rock, Ark.
Sherry Golden, Brookline, Mass.
Gail Humfeld, Wauwatosa, Wis.
Terry F. Masto Orange, Conn.
Mrs. John Murch, Plainville, N.Y.
Mrs. Cynthia Rizzo, Snyder, N.Y.
Nancy L. Wilson, Medford, Okla.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "July Ice Cream Desserts" or "July Easy Snacks."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, December 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8012 Food Department. Better Homes and Gardens, Des Moines, IA 50336.**

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begins on page 92

Adaptable Christmas dinner

WILD-RICE-STUFFED TURKEY WITH WHITE WINE GRAVY FOR 12

2 6-ounce packages long grain and wild rice mix
¼ cup butter *or* margarine
8 ounces Canadian-style bacon, diced (1⅔ cups)
½ cup sliced green onion
2 cloves garlic, minced
¼ cup dry white wine
¼ cup snipped fresh parsley
1⅓ cups chopped Brazil nuts *or* walnuts

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1 14- to 16-pound turkey
Cooking oil *or* butter *or* margarine, melted
3 tablespoons cornstarch
1½ teaspoons instant chicken bouillon granules
¾ cup dry white wine
¼ cup sliced green onion
Spiced crab apples

To make stuffing: Prepare wild rice mix according to package directions. In a large skillet melt the ¼ cup butter or margarine; add diced bacon, the ½ cup onion, and the garlic. Cook and stir about 5 minutes or till bacon is golden and onion is tender. Stir in the ¼ cup white wine, the parsley, 1 teaspoon *salt,* and ¼ teaspoon *pepper;* add to cooked mixture with nuts. Toss till well mixed.

Rinse bird; pat dry with paper toweling. Season body cavity with salt, if desired. Spoon some stuffing loosely into neck cavity; pull the neck skin over stuffing and fasten securely with skewer to back of bird. Spoon more stuffing loosely into body cavity. If bird has a band of skin across tail, tuck the drumsticks under the band; otherwise, tie the legs securely to the tail. Twist wing tips under back. Place bird, breast side up, on a rack in a shallow roasting pan. Brush skin of bird with cooking oil or butter or margarine. Insert meat thermometer in the center of the inside thigh muscle, making sure bulb does not touch bone. Cover bird loosely with foil. Roast in a 325° oven for 5 to 5½ hours or till meat thermometer registers 185° and drumstick moves easily in socket. (Cut the band of skin or string between the legs after about 3½ hours of roasting so the thighs will cook evenly.) Uncover bird during the last 45 minutes of roasting.

Bake any additional stuffing in a covered casserole for the last 30 minutes of roasting. When the bird is done, cover it loosely with foil to keep warm. Let stand about 20 minutes while preparing White Wine Gravy: Skim fat from pan juices; add water to make 2 cups liquid. In medium saucepan blend cornstarch and bouillon granules; stir in the ¾ cup wine. Add pan juices and the ¼ cup sliced green onion. Cook and stir till thickened and bubbly; cook 2 minutes more. Season with *pepper* to taste. Place bird on platter; if desired pipe Planked Sweet Potatoes (see recipe below) around bird. Garnish with spiced crab apples and parsley sprigs. Pass gravy with poultry. Makes 12 to 14 servings.

ROLLED TURKEY ROAST WITH WILD RICE STUFFING BALLS AND WHITE WINE GRAVY FOR 4 TO 6

This recipe allows for some leftovers—

1 3½- to 4-pound frozen boneless turkey roast
Cooking oil *or* butter *or* margarine, melted
1 6-ounce package long grain and wild rice mix
2 tablespoons butter *or* margarine
4 ounces Canadian-style bacon, diced (¾ cup)
¼ cup sliced green onion
1 clove garlic, minced

• • •

1 beaten egg
2 tablespoons dry white wine
½ cup chopped Brazil nuts *or* walnuts
2 tablespoons sliced green onion
1 teaspoon instant chicken bouillon granules
½ cup dry white wine
5 teaspoons cornstarch

Place frozen turkey roast on a rack in a small roasting pan. Insert meat thermometer in center of roast. Roast according to package directions till meat thermometer registers 160°. Remove skin and cord from roast; brush with oil or butter or margarine. Continue roasting, uncovered, till meat thermometer registers 170°.

About 30 minutes before roast is done, prepare stuffing: Prepare wild rice mix according to package directions. Set aside to cool 30 minutes. Meanwhile, melt the 2 tablespoons butter or margarine; add diced bacon, the ¼ cup green onion, and the garlic. Cook and stir till onion is tender. Remove from heat. In bowl combine beaten egg, 2 tablespoons white wine, ¼ teaspoon *salt,* and ⅛ teaspoon *pepper;* stir in bacon mixture, nuts, and cooled rice. Using about ½ cup of the mixture for each, shape mixture into 8 balls. Place balls on a greased baking sheet. Remove turkey roast from oven; place stuffing balls in oven and bake in a 375° oven for 18 to 20 minutes.

Meanwhile, remove turkey from roasting pan; transfer to heated platter. Cover and keep warm. Prepare White Wine Gravy: Skim fat from pan juices; add water to juices to measure 1 cup. Place in a small saucepan along with the 2 tablespoons green onion and the bouillon. Blend the ½ cup wine and the cornstarch; add to saucepan. Cook and stir 2 minutes more. Season with *salt* and *pepper.* Place stuffing balls on turkey platter; garnish platter with green onion fans, if desired. Pass gravy with meat and stuffing. Serves 6.

PLANKED SWEET POTATOES

4 pounds sweet potatoes
1 egg
1 teaspoon finely shredded orange peel
¼ cup orange juice
2 tablespoons butter *or* margarine
1 teaspoon salt
¼ teaspoon ground nutmeg

In a 4½-quart Dutch oven cook sweet potatoes, covered, in enough boiling salted water to cover for 30 to 40 minutes or till tender. Drain, peel, and quarter potatoes. Return potatoes to Dutch oven; add egg, orange peel, orange juice, and butter or margarine. Mash potato mixture. Stir in salt and nutmeg. Heat mixture till hot through; spoon mixture, half at a time, into a pastry bag fitted with a star tip. Pipe mixture onto turkey platter, or spoon into serving dish. Serves 12.

Note: For Whipped Sweet Potatoes for 4 to 6—follow recipe as directed above *except* halve all ingredients, substituting one *egg yolk* for the whole egg. Makes 4 to 6 servings.

continued

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Peach Flips

1 jar Gerber Junior Peaches
1 envelope unflavored gelatin
2 tablespoons sugar
½ cup milk
cinnamon and nutmeg to taste

Put peaches into a small saucepan. Sprinkle in gelatin and stir over medium heat until dissolved. Remove from heat and add sugar. Cool slightly, then stir in milk. Add seasonings. Pour into Fruit Flips dessert bowls (see offer form) or other small bowl. Chill until firm. Unmold and serve or serve directly from bowl. Yields three 4-ounce servings, approximately 1½ cups.

Gerber

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continued

Adaptable Christmas dinner

VEGETABLE VINAIGRETTE

- **2 pints fresh brussels sprouts *or* two 10-ounce packages frozen brussels sprouts**
- **1 medium head cauliflower**
- **1 cup salad oil**
- **6 tablespoons white wine vinegar**
- **6 tablespoons lemon juice**
- **1½ teaspoons salt**
- **1½ teaspoons dry mustard**
- **1 teaspoon sugar**
- **Romaine leaves**
- **Sliced tomatoes *or* green pepper rings**
- **Sieved hard-cooked egg (optional)**

Trim stems slightly from fresh brussels sprouts; remove discolored leaves and wash. Halve sprouts; place in steamer rack over boiling water. Cover and steam about 7 to 10 minutes or till sprouts are crisp-tender; rinse with cold water. Drain. (For frozen brussels sprouts, cook according to package directions till crisp-tender; drain. Rinse with cold water; drain again.)

Wash cauliflower and remove leaves and stem. Cook, covered, in a small amount of boiling salted water about 15 minutes, or till crisp-tender; drain. Rinse with cold water; drain again.

In a screw-top jar combine oil, vinegar, lemon juice, salt, mustard, and sugar; cover and shake well. Place vegetables in a glass bowl; pour dressing mixture over. Toss lightly to coat vegetables. Cover tightly; chill several hours or overnight. To serve, line a platter with romaine leaves. Place sliced tomatoes around edge of platter. Drain marinade from vegetables; place cauliflower head in the center of the platter. Spoon sprouts around cauliflower. If desired, sprinkle sieved hard-cooked egg and snipped parsley atop cauliflower. Makes 12 servings.

Note: To make 4 to 6 servings in tomato cups—follow recipe above *except:* halve all ingredients; break cauliflower into flowerets and steam with the sprouts as directed above about 10 minutes. In place of the sliced tomatoes, use 4 to 6 medium *tomato shells* and spoon drained vegetable mixture into tomato shells to serve. Garnish as directed above, if desired.

EGGNOG FLAN SALAD

- **1 teaspoon unflavored gelatin**
- **¼ cup cold water**
- **1 16-ounce can pear halves (juice pack)**
- **1 6-ounce package lemon-flavored gelatin**
- **1 cup dairy sour cream**
- **¾ cup eggnog**
- **1 11-ounce can mandarin orange sections, drained**
- **Mandarin oranges**
- **Sliced kiwi (optional)**

Soften unflavored gelatin in the ¼ cup cold water; set aside. Drain pear halves, reserving juice. Dice pears; set aside. Add *water* to juice to measure 2 cups. Bring juice mixture to boiling; stir in lemon gelatin and the unflavored gelatin mixture. Stir till gelatin is dissolved; cool.

Blend sour cream and eggnog; stir in gelatin mixture. Chill till partially set

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(consistency of unbeaten egg whites). Fold orange sections and diced pears into partially set gelatin. Turn mixture into an oiled 9½-inch flan pan or 6-cup mold. Chill till firm. Just before serving, unmold salad onto serving platter. Garnish with curly endive, additional mandarin orange sections, and kiwi slices, if desired. Cut into wedges. Makes 12 servings.

Note: To make Eggnog Salad Mold—follow recipe as directed above, *except:* omit unflavored gelatin and ¼ cup cold water and halve remaining ingredients, using *⅓ cup* eggnog. Pour partially set mixture into an oiled 8x4x2-inch loaf pan. Unmold; garnish with kiwi, mandarin orange sections, and endive. Makes 4 to 6 servings.

PARMESAN PASTRY TWISTS

1 10-ounce package (6) frozen patty shells, thawed
1 slightly beaten egg white
¼ cup grated Parmesan cheese
2 teaspoons snipped chives

On a lightly floured surface roll patty shells slightly to flatten. Place pieces, overlapping slightly, to form a rectangle. Press all edges together to seal. Roll pastry to a 12x8-inch rectangle (dough should be ⅛ to ¼ inch thick). Brush lightly with egg white. Sprinkle cheese and chives over dough. Cut rectangle in half lengthwise. Cut each half crosswise into 12 sticks. Twist ends of sticks several times; place on an ungreased baking sheet. Bake in a 425° oven for 8 to 10 minutes. Makes 2 dozen.

Note: For 4 to 6 servings—follow recipe above *except* use half amounts of all ingredients; reserve remaining pastry shells for use another time.

NEAPOLITAN MOUSSE PIES

4 egg whites
1 teaspoon vanilla
½ teaspoon salt
½ teaspoon cream of tartar
1⅓ cups sugar
6 tablespoons sugar
1½ envelopes (4 teaspoons) unflavored gelatin
½ cup water
3 ounces (3 squares) unsweetened chocolate, cut up
2 cups whipping cream
6 tablespoons sugar

• • •

6 tablespoons sugar
1½ envelopes (4 teaspoons) unflavored gelatin
⅔ cup water
1 10-ounce package frozen sliced strawberries, thawed
10 to 12 drops red food coloring (optional)
1½ cups whipping cream
Chocolate curls (optional)

Prepare meringue crusts: In large mixer bowl beat *2* of the egg whites, *½ teaspoon* of the vanilla, *¼ teaspoon* of the salt, and *¼ teaspoon* of the cream of tartar to soft peaks (tips curl over). Gradually add *⅔ cup* of the 1⅓ cups sugar and beat till stiff peaks form (tips stand straight) and sugar is nearly dissolved, scraping bowl often. Spread mixture over bottom and up sides of a well-buttered 9-inch pie plate, building up sides with back of spoon to form a shell. Repeat with remaining egg whites, vanilla, salt, cream of tartar, and sugar. Bake shells in 300° oven for 45 minutes. Turn off

continued



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continued

Adaptable Christmas dinner

oven; let shells dry in closed oven for 45 minutes to 1 hour or till thoroughly dry. Cool on wire racks.

Meanwhile, prepare chocolate layer: In medium saucepan combine the first 6 tablespoons sugar and the first 1½ envelopes unflavored gelatin. Stir in the ½ cup water and cut-up chocolate. Heat and stir over low heat till sugar and gelatin are dissolved and chocolate is melted. Chill mixture till partially set (consistency of unbeaten egg whites). Meanwhile, combine the 2 cups cream and first 6 tablespoons sugar, beating to soft peaks. Fold gelatin mixture into whipped cream mixture. Spoon *half* of the mixture into each meringue shell; cover and chill.

Prepare strawberry layer: In a medium saucepan combine remaining sugar and gelatin; stir in the ⅔ cup water. Heat over low heat till gelatin is dissolved. Remove from heat; stir in *undrained* sliced strawberries. Process mixture in covered blender or food processor till smooth. If desired, tint pink with food coloring. Chill till partially set (consistency of unbeaten egg whites). Meanwhile, beat the 1½ cups cream to soft peaks; fold into gelatin mixture. Divide and spoon mixture atop chocolate layer in each pie shell. Cover and chill several hours or overnight till firm. To serve, garnish with chocolate curls, if desired. Makes 2.

Note: For Neapolitan Mousse Meringues—prepare meringue mixture as directed above using 2 *egg whites*, ½ teaspoon *vanilla*, ¼ teaspoon *salt*, and ¼ teaspoon *cream of tartar*, and adding ⅔ cup *sugar*. Line a cookie sheet with brown paper; spoon meringue mixture into 8 equal mounds on paper. With the back of a spoon spread mounds into a 3½-inch shell shapes, leaving sides high to hold filling. Bake as directed for meringue crusts. Prepare half the amounts of Chocolate and Strawberry Fillings, using ½ cup plus 1 tablespoon of the frozen, thawed strawberries. Layer fillings in shells as for pies. Chill and garnish as directed above. Makes 8 servings.



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Gold'n Honey Nut Crunch Bars

- PAM® vegetable cooking spray
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- ½ cup margarine or butter
- 1 cup packed brown sugar
- ½ teaspoon ground cinnamon, if desired
- 1 teaspoon vanilla
- 5 cups Golden Grahams® cereal
- 1 cup Fisher® Mixed Nuts or Peanuts

Spray square pan, 9x9x2 inches, with PAM vegetable cooking spray. Heat honey, margarine, brown sugar and cinnamon to boiling in 3-quart saucepan; boil 2 minutes. Remove from heat; stir in vanilla. Gradually fold in cereal until completely coated. Fold in nuts. Press cereal mixture in pan with a piece of waxed paper. Let stand at least 1 hour. Cut into bars, about 2¼x1½ inches. 24 bars.



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begins on page 84

A Christmas tradition

The Teagues' Southern Spread

BANANA NUT CAKE

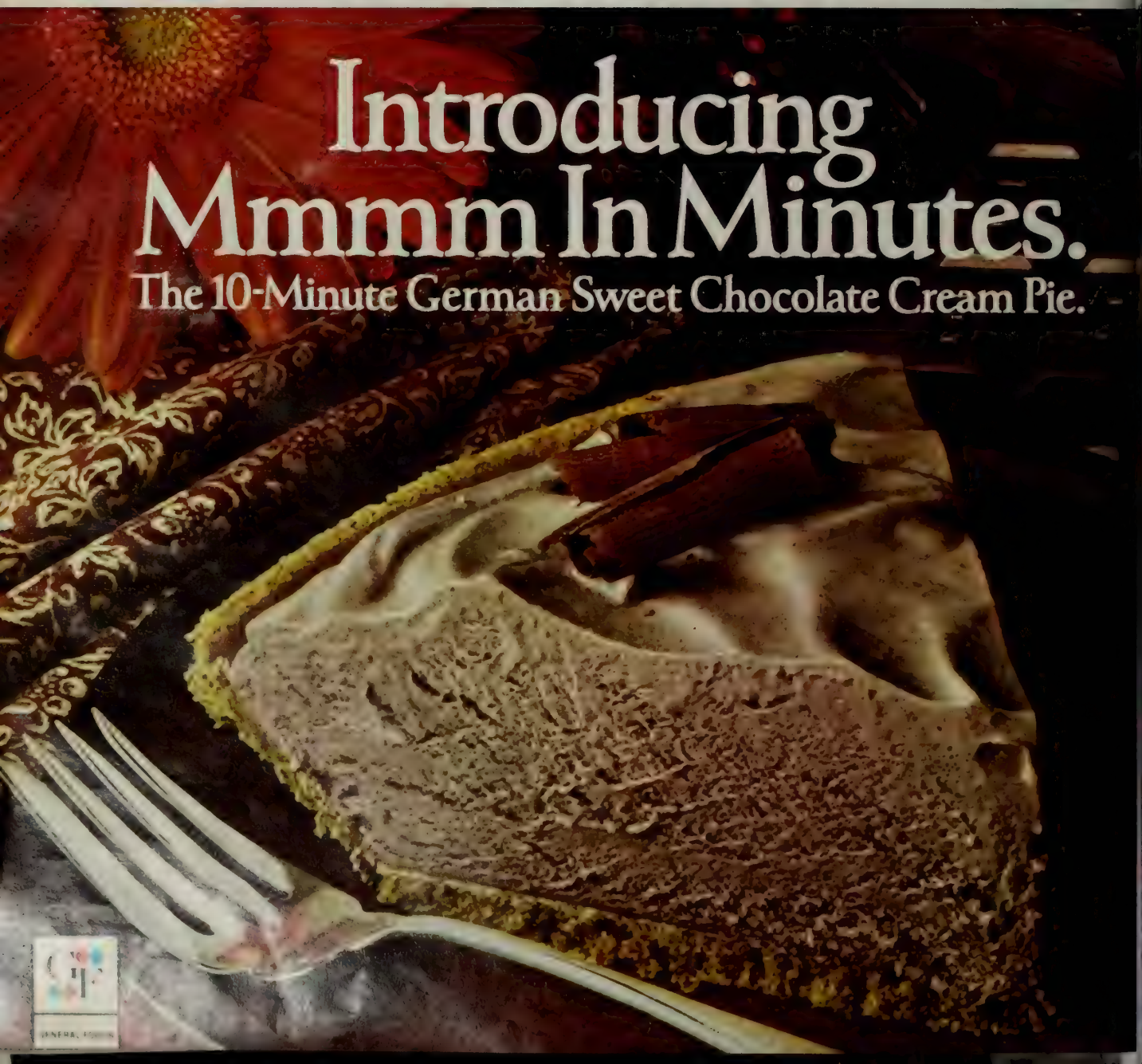
- ¾ cup shortening
- 1½ cups sugar
- 2 eggs
- ¾ cup mashed ripe banana (1 large banana)
- 1 teaspoon vanilla
- 1¾ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ⅔ cup buttermilk *or* sour milk
- ½ cup chopped walnuts *or* pecans

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- 1 recipe Creamy Nut Filling
- 1 recipe Frosting
- Whole walnuts *or* pecans (optional)

In a large mixer bowl beat shortening and sugar on high speed of electric mixer till light and fluffy. Add eggs; beat 2 minutes at medium speed. Add mashed banana and vanilla; beat 2 minutes more. In another small bowl stir together flour, baking soda, baking powder, and salt; add to creamed mixture alternately with buttermilk, beating well after each addition. Stir in the chopped nuts. Pour batter into two greased and floured 9-inch round cake pans. Bake in 375° oven for 25 minutes or till wooden pick inserted just off center comes out clean. Cool layers in pans 10 minutes; invert onto wire racks to cool completely.

Meanwhile, prepare Creamy Nut Filling; chill 1 to 2 hours. To assemble cake, prepare Frosting; place one cake layer on a serving plate. Spread all of the Creamy Nut Filling mixture over; top with second cake layer. Frost top and sides of cake with Frosting. Garnish cake with whole walnuts or pecans, if desired.



To make Creamy Nut Filling: In a medium saucepan stir together ½ cup packed *brown sugar* and 2 tablespoons *all-purpose flour;* stir in ½ cup *evaporated milk.* Add 2 tablespoons *butter* or *margarine;* cook, stirring constantly, till mixture is thickened and bubbly. Remove from heat; stir in ⅓ cup finely chopped *walnuts* or *pecans,* ½ teaspoon *vanilla,* and dash *salt.*

To make Frosting: In a medium mixer bowl beat together 1 *egg white,* ½ cup *shortening,* ¼ cup *butter* or *margarine,* and 1 teaspoon *vanilla* on medium speed of electric mixer till well blended. Gradually add 2 cups sifted *powdered sugar,* beating till light and fluffy.

DEEP-DISH CHICKEN PIE

1 3½- to 4-pound broiler-fryer chicken, cut up
2 teaspoons salt
¼ teaspoon pepper
2 cups self-rising flour
½ cup shortening
½ cup buttermilk
2 tablespoons butter *or* margarine
1 cup chicken broth
4 teaspoons cornstarch

Place chicken pieces in a large kettle or Dutch oven; add about 8 cups *water* or enough to cover meat. Add salt and pepper to pot. Cover; bring to boiling. Reduce heat and simmer, covered, 1 hour or till chicken is done. Cool slightly; remove skin and bones from chicken. Discard skin and bones; cut meat into 1-inch chunks.

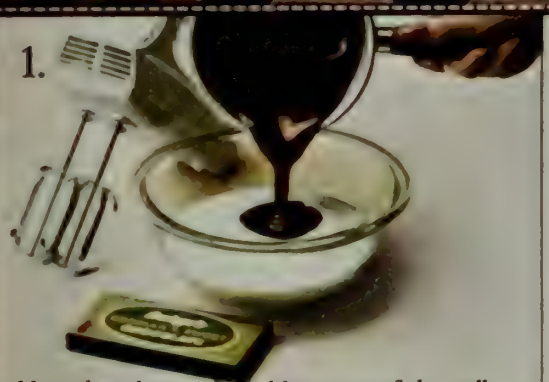
To prepare crust, place flour in a mixing bowl; cut in shortening till mixture resembles small peas. Add enough buttermilk to make a soft dough. Cover dough; let stand 1 hour.

On a lightly floured surface roll out *three-fourths* of dough to ⅛-inch-thick circle; line bottom and sides of a 1½-quart casserole dish with pastry. Trim 1 inch beyond edge of dish. Place *half* of the cut-up chicken in casserole. Roll out remainder of dough to a 12x10-inch rectangle; cut *half* the dough crosswise into ten ½-inch-wide strips. Place the

continued

Make this mouth-watering cream pie with Baker's® German's® Sweet Chocolate and Cool Whip.®

1.



Heat chocolate and 2 tablespoons of the milk over low heat, stirring until melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture, beat until smooth.

2.



Fold Cool Whip® Non-Dairy Whipped Topping into chocolate mixture and blend until smooth.

3.



Spoon mixture into crust. Freeze about 4 hours. Garnish with chocolate curls if desired.

The 10-Minute German Sweet Chocolate Cream Pie

1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate*
1/3 cup milk
2 tablespoons sugar (optional)
1 package (3 oz.) cream cheese, softened
1 container (8 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed
1 packaged graham cracker crust

*Only Baker's® makes German's® Sweet Chocolate. Find it in the baking section of your supermarket.





Cool Whip.® We're doing fresh things with pies.

continued

A Christmas tradition

strips over chicken layer in crust. Top with remaining chicken. Cut remaining dough into five 1-inch-wide strips. Place over pie in a lattice design. Press dough strips to edge of pastry; flute edge. Dot crust with the butter or margarine. In small saucepan blend chicken broth and cornstarch; cook and stir till thickened and bubbly. Place casserole on oven rack. Carefully pour hot mixture over lattice crust. Bake, uncovered, in 325° oven for 1 hour or till crust is browned. Let stand 10 minutes before serving. Makes 6 servings.

PEANUT BUTTER-CHOCOLATE BONBONS

If the chocolate mixture stiffens while you're dipping the peanut butter centers, reheat the chocolate over low heat. Do not add liquid—

2 cups sifted powdered sugar
1 cup graham cracker crumbs
¾ cup chopped pecans
½ cup flaked coconut
½ cup butter *or* margarine
½ cup peanut butter
1½ cups semisweet chocolate pieces
3 tablespoons shortening

In a large bowl combine the powdered sugar, graham cracker crumbs, pecans, and coconut. In a small saucepan melt butter or margarine and peanut butter; pour over coconut mixture. Blend till mixture is moistened. Shape mixture into 1-inch balls. In another small saucepan over low heat, melt chocolate pieces with shortening. Spear balls on wooden picks; dip individually into chocolate mixture to coat. Place balls on waxed paper; chill to set. Store candies, tightly covered, between layers of waxed paper in a cool place. Makes 4 dozen.

STUFFED BREAST OF VEAL

If you're planning to use a veal breast for this recipe, you'll probably have to special-order it from your butcher. Or, you can use a veal round roast which works equally well—

3 strips bacon
½ pound ground beef
1 medium onion, chopped (½ cup)
1 cup soft bread crumbs
1 6-ounce can sliced mushrooms, drained
⅓ cup dairy sour cream
1 beaten egg
¼ cup snipped parsley
1 teaspoon dried dillweed
½ teaspoon salt
½ teaspoon dried tarragon, crushed
½ teaspoon dried basil, crushed
Dash pepper
1 3- to 4-pound veal breast, boned, *or* one 4- to 5-pound veal round roast, boned, rolled, and tied
3 tablespoons cooking oil
1 tablespoon cornstarch
¾ cup beef broth
¼ cup dairy sour cream
Cooked broccoli flowerets (optional)

In a 12-inch skillet cook bacon till crisp; drain. Crumble bacon; set aside. In same skillet cook ground beef and onion till meat is lightly browned and onion is tender; drain off excess fat. Remove from heat. Stir in crumbled bacon, bread crumbs, *half* of the drained mushrooms, the ⅓ cup sour cream, the egg, parsley, dill, salt, tarragon, basil, and pepper. With the wide end of the veal breast facing you, cut a deep slit in long side of breast. (If using a round roast, untie roast; separate the two meat pieces.) Spoon stuffing into pocket or between pieces of round roast. Close meat with skewers; tie with string to secure. In a large Dutch oven brown meat on all sides in hot oil; drain. Transfer meat to a roasting pan; cover and roast in a 325° oven for 2 to 2½ hours for veal breast, or 2¾ to 3½ hours for veal round roast, basting occasionally with pan drippings. Transfer meat to warm platter; remove skewers. Cover meat; keep warm. If necessary strain drippings; return to pan. Stir cornstarch into beef broth. Stir into remaining sour cream; add to pan along with remaining mushrooms. Cook and stir till mixture is thickened and bubbly; cook and stir 1 minute more. Untie roast; slice meat. Garnish platter with cooked broccoli, if desired. Pass gravy with meat. Makes 10 to 12 servings.

CARROT PUDDING

For extra convenience, combine the ingredients for this side dish ahead; cover and chill. Bake when needed, adding about 10 minutes to the baking time—

8 carrots, peeled and sliced
2 medium potatoes, peeled and cubed
1 egg
2 tablespoons dairy sour cream (optional)
2 tablespoons finely shredded onion
½ teaspoon salt
¼ teaspoon pepper
2 ounces cheddar cheese, cut into small cubes (½ cup)
1 tablespoon butter *or* margarine
Halved orange slices (optional)

Cook carrots, covered, in boiling salted water for 10 minutes. Add potatoes; cook 10 to 15 minutes longer. Drain vegetables; mash. Add egg, sour cream, if desired, onion, salt, and pepper; beat till well blended. Stir in cheese. Spoon mixture into a 1½-quart casserole; bake in a 350° oven for 30 minutes. Dot top of mixture with butter or margarine; place under broiler 5 inches from heat for 3 minutes or till golden brown. Let stand 5 minutes before serving. If desired, garnish casserole with halved orange slices. Makes 6 to 8 servings.

"WHOPPIE" PIES

½ cup shortening
1 cup granulated sugar
1 egg
1 egg yolk
2 cups all-purpose flour
⅔ cup unsweetened cocoa powder
¼ teaspoon salt
1 teaspoon baking soda
½ cup hot water
⅔ cup buttermilk
2 cups sifted powdered sugar
1 egg white
1 teaspoon vanilla
¼ cup butter *or* margarine, softened
½ cup shortening

In mixer bowl beat together the first ½ cup shortening and granulated sugar on high speed of electric mixer till fluffy. Add the egg and egg yolk. Stir together the flour, cocoa, and salt; set aside. Dissolve baking soda in hot water; cool slightly. Add flour mixture alternately with soda mixture and buttermilk to creamed mixture. Blend till

continued

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continued

A Christmas tradition

well mixed. Drop batter by rounded tablespoonfuls 2 inches apart onto ungreased cookie sheets. Bake in a 350° oven for 8 to 10 minutes or till set. Cool cookies on wire racks while preparing filling. To make filling, in a medium mixer bowl combine powdered sugar, egg white, and vanilla. Beating with mixer at low speed, gradually add butter or margarine and the remaining shortening. Beat at high speed till light and fluffy. Spread some filling on the bottom side of one cookie; top with a second cookie. Repeat with remaining cookies. Store in refrigerator. Makes 2 dozen filled cookies.

John Carafoli's Italian Board

SEAFOOD-STUFFED CAPON

Quahaugs (Co-hogs) are the Atlantic Coast variety of hard-shelled clams—

6 to 8 fresh *or* frozen quahaug clams in shells, rinsed
1 cup chopped onion
½ teaspoon dried thyme, crushed
1 teaspoon snipped fresh parsley
Dash pepper
½ cup dry white wine
½ pound fresh *or* frozen, thawed shrimp, peeled and deveined
½ pound fresh *or* frozen, thawed scallops
2 tablespoons butter *or* margarine
1 cup chopped celery
1 cup chopped onion
2 tablespoons butter *or* margarine
¼ cup snipped fresh parsley
¼ cup snipped fresh chives
½ teaspoon dried oregano, crushed
⅛ teaspoon ground red pepper
5 cups coarse dry bread cubes
½ cup toasted filberts, chopped
½ cup grated Parmesan cheese
1 beaten egg
1 tablespoon lemon juice
1 6- to 8-pound capon
Cooking oil *or* butter *or* margarine, melted
1 recipe Butter Sauce
Fresh thyme (optional)
Snipped fresh parsley (optional)

In a saucepan combine quahaugs, the first 1 cup chopped onion, the dried thyme, the 1 teaspoon parsley, pepper, and wine; simmer mixture about 5 minutes or till quahaugs open. (Discard any clams that do not open.) Cool; remove meat from shells and chop into ¼-inch cubes. Discard shells. Strain liquid and reserve.

Cut shrimp and scallops into ¼-inch cubes. Cook shrimp and scallops in the first 2 tablespoons butter or margarine about 2 minutes or till nearly done. Remove from heat; set aside.

Cook celery and remaining onion in remaining butter or margarine till tender but not brown. Add remaining snipped parsley, snipped chives, oregano, and red pepper; remove from heat. In a large bowl combine the bread cubes, nuts, Parmesan, egg, lemon juice, quahaug clam meat, onion mixture, and shrimp mixture. Add enough reserved quahaug juice to moisten mixture (about ½ to ⅔ cup).

Rinse capon; pat dry with paper



toweling. Season body cavity with salt, if desired. Spoon some stuffing loosely into neck cavity; pull the neck skin over stuffing and fasten securely with skewer to back of bird. Spoon remaining stuffing into the body cavity. If the bird has a band of skin across the tail, tuck the drumsticks under band; otherwise, tie the legs securely to the tail. Twist wing tips under back. Place bird, breast side up, on a rack in a shallow roasting pan. Brush skin of bird with cooking oil or melted butter or margarine. If using meat thermometer, insert in the center of the inside thigh muscle, making sure bulb does not touch bone. Bake in a 375° oven for about 2 hours or till thermometer registers 185°. (Bake any remaining stuffing in a covered casserole for the last 35 minutes of roasting.) Remove capon to warm platter; cover and keep warm. Meanwhile, prepare Butter Sauce. Garnish capon with fresh thyme and sprinkle with fresh snipped parsley, if desired. Pass Butter Sauce with platter. Makes 10 to 12 servings.

To prepare Butter Sauce: Remove excess fat from pan drippings and reserve. In small saucepan melt ¼ cup *butter* or *margarine,* blend in pan drippings. Add 4 ounces fresh, canned, drained, or frozen, thawed *shrimp,* peeled, deveined, and chopped; 4 ounces fresh or frozen, thawed *scallops,* chopped; cook and stir just till done, about 2 minutes. Stir together ¼ cup dry *white wine* and 1 tablespoon *cornstarch;* add along with 1 cup *chicken broth* to saucepan. Cook and stir till slightly thickened and bubbly. Makes about 2 cups sauce.

ORANGE ZABAGLIONE

Prepare this elegant dessert just before you want to serve it—

3 egg yolks
3 tablespoons sugar
1 teaspoon finely shredded orange peel
½ cup orange juice
¼ cup snipped dried apricots
½ cup whipping cream
2 tablespoons orange liqueur
Sliced almonds

In a large metal bowl combine the egg yolks, sugar, orange peel, and orange juice, beating with a wire whisk till mixture is frothy. Place bowl over a pan of boiling water, beating with a wire whisk or electric mixer about 6 to 8 minutes or till mixture mounds when beaters are lifted. Place bowl in a large bowl of ice water; cool 2 to 3 minutes. Meanwhile, in a mixer bowl beat whipping cream and liqueur to stiff peaks (tips stand straight). Fold chopped apricots into chilled orange mixture; spoon into long-stemmed goblets. Top each serving with a dollop of the whipped cream mixture and sliced almonds. Serve immediately. Makes 4 or 5 servings.

ROASTED CHESTNUTS IN RED WINE

Serve this old-world dessert as soon as the roasted chestnuts are cool enough to peel. You might find it convenient to roast and peel the chestnuts ahead, then wrap the nuts in foil and reheat in a 300° oven for 10 minutes—

1 pound fresh chestnuts
1 to 2 750-ml bottles dry red wine such as zinfandel *or* burgundy

With a sharp knife cut an X in chest-

continued

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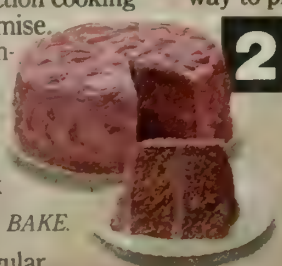
It's a true convection oven, engineered with reliable forced-air cooking to enhance the quality of so many foods. But unlike any other convection oven, it also offers three traditional cooking methods, which means that now you can have convection cooking without compromise.



BROIL.

Those four big numbers you see on the dial give you four different choices.

Selection number 1 is for regular broiling. Steaks, fish and certain other dishes still cook best and look best when top-broiled with direct radiant heat.



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Turn the dial to selection number 2 for regular baking. Often, it's the best way to prepare the delicate dishes, such as souffles, cakes and other desserts.



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To prepare a full-course meal over a six to eight hour period, turn the dial to number 3, for slow-cook. It cooks all day while the cook is away from the kitchen, yet is remarkably energy-efficient.

When you turn the dial to number 4, you have a true convection oven, which uses forced-air for more even, more thorough cooking.



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The constant gentle flow of forced heated air over, under and around foods seals in natural juices and reduces total cooking time. Less cooking time means even less energy consumption, a very cost-efficient way to prepare natural-looking, natural-tasting family meals.

There's more to the surprising new Toastmaster Convection Oven.

It comes with two bake racks, a three-hour timer and features a continuous-cleaning interior to help the oven clean itself at normal baking temperatures.

Four essential cooking methods in one countertop convection oven make the Toastmaster System 4 quite a surprise. But the most pleasant surprise of all is that while the Toastmaster Convection Oven does more than you'd expect, it costs far less than you'd expect for such a versatile kitchen essential.

The Toastmaster Convection Oven. It's engineered, designed and priced to make it right at home.

Toastmaster
TO MAKE IT RIGHT AT HOME.


HARVEST GET-TOGETHERS
Italian Green Bean Festive
HARVEST GET-TOGETHERS
White Corn Carnival
HARVEST GET-TOGETHERS
Cauliflower Harvest Jamboree
HARVEST GET-TOGETHERS
Broccoli Fanfare
HARVEST GET-TOGETHERS
Broccoli-Cauliflower Medley
Taste each taste.
Discover Green Giant Harvest Get-Togethers.
Wonderfully flavorful vegetable combinations,
in a special light sauce that lets each
unique taste come through.
Delicious. Green Giant

2 tablespoons whiskey *or* brandy
1 tablespoon lemon juice
Cooking oil for shallow-fat frying
1 beaten egg white
Sugar

In medium bowl stir together flour, the ¼ cup sugar, the lemon peel, baking powder, and salt. Cut in butter or margarine till mixture resembles coarse crumbs. Combine the port or vermouth, the 2 tablespoons whiskey or brandy, the 2 tablespoons lemon juice, the vanilla, and almond extract; add to flour mixture, blending well. Shape into a ball. (Mixture will be soft.) Cover; refrigerate overnight.

Prepare filling: In a medium bowl combine mincemeat, chopped apple, nuts, remaining whiskey or brandy, and remaining lemon juice. Cover and refrigerate overnight.

On a lightly floured surface roll dough, half at a time, to a 15x12-inch rectangle. (Dough will be tender; handle carefully.) Cut each dough rectangle into twenty 3x3-inch squares. Spoon a small amount of the filling (about 1½ teaspoons) in the center of each dough square, not touching edges. Using fingers or pastry brush, moisten edges of each dough square with water; fold dough in half over filling. Seal edges of dough by pressing together with tines of fork.

Fill a deep 10-inch skillet with cooking oil to a depth of 1 inch. Fry ravioli, a few at a time, in hot oil (365°) about 1 to 2 minutes or till golden. Drain on paper toweling. When ravioli is slightly cooled, brush it with the beaten egg white and sprinkle with sugar. Store cooled ravioli, loosely covered, in a cool place. Makes 40 ravioli.

RICH,

This stack of pancakes is topped with the leading brand of syrup.



continued

A Christmas tradition

nuts. Place nuts in a shallow baking pan; roast, uncovered, in a 450° oven for 10 minutes. (To roast in a fireplace, place chestnuts in a large heavy skillet or chestnut pan. Roast chestnuts for 10 to 15 minutes till shells curl back and chestnuts are hot through, shaking pan occasionally.) Cool slightly and peel. For each serving, place a handful of the peeled chestnuts in a long-stemmed glass; pour wine over to cover. Makes about 6 to 8 servings.

SWEET RAVIOLI

You'll need to prepare the dough and filling a day ahead—

2 cups all-purpose flour
¼ cup sugar
1½ teaspoons finely shredded lemon peel
1 teaspoon baking powder
Dash salt
¼ cup butter *or* margarine
¼ cup port *or* sweet vermouth
2 tablespoons whiskey *or* brandy
2 tablespoons lemon juice
1½ teaspoons vanilla
½ teaspoon almond extract
¾ cup prepared mincemeat
1 small apple, cored, peeled, and chopped
¼ cup chopped walnuts

RICHER!

But this stack is topped with Golden Griddle.® It's richer-tasting than the leading brand, and it's naturally thick.

One squeeze, and the Golden Griddle no-drip spout puts the flavor where you want it. And what flavor! Actually richer-tasting than the leading brand.



Oh the merry nutty things you can do with Diamond® Walnuts.



This Christmas, wrap up some especially tasteful gifts.

Viennese Walnut Cookies

½ cup butter
⅓ cup granulated sugar
¼ teaspoon salt
1 teaspoon vanilla
1¼ cups sifted all-purpose flour
1⅓ cups finely chopped Diamond Walnuts
Butter cream frosting
Diamond Walnuts for decorating

Cream together butter, sugar, salt and vanilla. Blend in flour and walnuts, using hands to form dough into a ball. Chill 30 min. Roll on lightly floured board to a little less than ¼-in. thickness. Cut with 2-in. cutter. Bake on ungreased baking sheets at 350° F. for 10 to 12 min., until very lightly browned. Cool on wire racks. Put together in pairs with butter cream frosting. Top with a swirl of frosting and decorate with walnut halves or large pieces. Makes about 2 doz. pairs.

Walnut Holiday Buns

½ cup Diamond Walnuts
⅓ cup mixed candied fruits and peels
1 cake or package yeast
½ cup warm water
¼ cup granulated sugar
½ teaspoon salt
½ teaspoon anise flavoring
1 large egg, beaten
3 tablespoons softened butter or margarine
2¼ cups sifted all-purpose flour
Melted butter for tops of rolls
Sugar Glaze
Walnuts and candied fruits for decoration

Chop walnuts and candied fruits; set aside. Soften yeast in warm water. Combine sugar, salt, anise flavoring, egg, butter and 1 cup of the flour. Add softened yeast; beat well to a smooth thick batter, using mixer or beating well by hand. Cover; let rise in warm place about ½ hr., until doubled. Stir in remaining 1¼ cups flour, chopped walnuts and fruits, mixing to a moderately stiff dough. Turn out onto floured board. Knead lightly until smooth working in a little additional flour if dough is sticky. Divide into 8 equal pieces; shape each into a round. Place 1 roll in center of greased 8-in. layer cake pan, and others around it. Brush tops lightly with melted butter. Cover and let rise until doubled, about 50 to 60 min. Bake at 375° F. about 30 min. until buns test done and are nicely browned. Remove from oven; turn out onto wire rack. While warm, spread with Sugar Glaze.
Decorate with additional chopped walnuts and candied fruits. Makes 8 buns.

Sugar Glaze: Mix 1 cup sifted powdered sugar, 1 Tbsp. milk and ½ tsp. vanilla until smooth. If needed, add a few drops more milk for good spreading consistency.



Oh the lovely nutty things you can do with Diamond Walnuts.

Chocolate Walnut Clusters

1 6-ounce package (1 cup) semi-sweet real chocolate pieces
1½ cups Diamond Walnut halves and large pieces

Melt chocolate over warm, not hot, water, stirring constantly. Add walnuts and stir until coated. Drop in clusters on waxed paper. Cool until set. Makes 1 doz. large clusters.

Note: Half semi-sweet and half milk chocolate may be used.

A delicious new way to celebrate the holidays. Stuff your turkey with Stove Top® Stuffing and Gorton's® Clams or B in B® Mushrooms.



Mmmmmmmmmmm! Delicious Stove Top® Stuffing Mix. Full of all kinds of good things. Celery. Onions. Parsley. Spices. No wonder everybody loves it! Holiday time is the perfect time to serve your stuffing lovers Stove Top.

STOVE TOP IN-THE-BIRD STUFFING RECIPE

Combine contents of Vegetable/Seasoning Packet from one 6 oz. box of STOVE TOP Chicken Flavor, ¼ cup butter or margarine, cut in pieces, 1½ cups *hot* water in a bowl; stir to partially melt butter. Add Stuffing Crumbs; stir to moisten.

Do not stuff bird until ready to roast.

Weight of Bird	Amt. of Stuffing
5 to 7 pounds	Single Recipe
8 to 12 pounds	Double Recipe
13 to 20 pounds	Triple Recipe

STOVE TOP STUFFING WITH GORTON'S CLAMS.

To make your holiday stuffing even more special, try adding the delicious "fresh-from-the-sea-taste" of Gorton's Clams.

Here's how:

Drain one (6½ oz.) can of GORTON'S Minced or Chopped Clams, reserving liquid. Add very *hot* water to liquid to make 1½ cups. Prepare In-the-Bird Stuffing as directed, substituting clams and measured liquid for the water.

STOVE TOP STUFFING WITH "B in B" MUSHROOMS.

For a different treat, add B in B Mushrooms to Stove Top.

The special "broiled in butter" process makes a tasty difference you'll love. It's easy:

Drain 1 can (6 oz.) B in B Sliced Mushrooms, reserving liquid. Add very *hot* water to liquid to make 1½ cups. Prepare In-the-Bird Stuffing as directed, substituting measured liquid for the water and adding mushrooms with the Stuffing Crumbs.



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PET
Frozen Foods Division
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begins on page 88

A festive buffet

LIME DAIQUIRI SIPPER

- **1 quart frozen lemon yogurt**
- **1 cup light rum**
- **½ cup lime juice**
- **1 28-ounce bottle (3½ cups) lemon-lime carbonated beverage, chilled**
- **Lime slices**

In a chilled mixing bowl stir *2 cups* of the frozen yogurt to soften. Blend in rum and lime juice. Turn mixture into punch bowl. Resting bottle on rim of bowl, slowly pour lemon-lime carbonated beverage down side of bowl, stirring gently with an up-and-down motion to blend. Add remaining frozen yogurt in small scoops atop punch. Float lime slices atop. Serve at once. Makes about 22 (½-cup) servings.

BEER-CHEESE PINECONES

- **2 8-ounce packages cream cheese, softened**
- **⅓ cup beer**
- **2 tablespoons finely snipped fresh parsley**
- **1 teaspoon paprika**
- **3 cups shredded smoked sharp cheddar cheese (12 ounces)**

• • •

- **Sliced almonds**
- **Apple slices***
- **Pear slices***
- **Assorted crackers**

In a large bowl beat together the softened cream cheese, the beer, parsley, and paprika till well blended. Stir in the shredded cheddar cheese. Cover and chill mixture 1 hour. Divide mixture in half. With hands, mold each portion into a pinecone shape; place on a baking sheet. Insert sliced almonds in rows over molded cheese to resemble pinecones. Cover and chill several hours. To serve, transfer pinecones to board or platter with wide metal spatula. Serve with apple slices, pear slices, and assorted crackers. Makes 4 cups spread.

*Dip apple and pear slices in a mixture of water and lemon juice or ascorbic acid color keeper to prevent the fruit from darkening.

continued

How to make sure of the taste before you make the punch.



Make it Minute Maid. Because there are plenty of ways to make an ordinary punch, but only one sure way to make it taste extraordinary. Use Minute Maid® Frozen Concentrated Limeade, Lemonade, or Pink Lemonade in your favorite punch recipe. Or try one of our favorites below. And make it Minute Maid. So you can be sure of a great-tasting punch, even before it's made.

Make sure. Make it Minute Maid.

PUCKER PUNCH

2 (6 oz.) cans Minute Maid frozen concentrated pineapple juice, reconstituted • 1 can (6 oz.) Minute Maid frozen concentrated grapefruit juice, thawed and undiluted • 1 can (12 oz.) Minute Maid frozen concentrate for lemonade or limeade, thawed and undiluted • 1 qt. vodka • 1 qt. ginger ale, chilled • 1 qt. club soda, chilled: In a large container, combine pineapple and grapefruit juices, lemonade and vodka; chill. To serve, pour into a punch bowl and mix in ginger ale and club soda; stir well. Makes 5 quarts.



RUBY RED SPARKLE

1 can (12 oz.) Minute Maid frozen concentrate for pink lemonade, thawed and undiluted
1 fifth rose wine, chilled
1 fifth sparkling burgundy, chilled

Combine all ingredients in a punch bowl, mix well, and chill. Before serving, top with spoons of raspberry sherbert and garnish with thin lemon slices. This recipe will make approximately 7 cups.



SUNSET FIZZ

1 can (6 oz.) Minute Maid frozen concentrate for limeade or pink lemonade, thawed and undiluted • ½ cup brandy • ⅓ cup dry vermouth • 1 cup Minute Maid frozen concentrated orange juice, reconstituted • 2 tablespoons grenadine • Ice • Club soda, chilled: Combine limeade, brandy, dry vermouth, orange juice and grenadine; blend well. Makes about 3 cups, before adding soda. Serve over ice, topped with club soda. Makes 4 to 6 drinks.



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continued

A festive buffet

TURKEY PÂTÉ

To make the carrot flower garnish, thinly bias-slice carrots into five or six ovals for each flower; place a wooden pick through the ends of each piece and bend it into a U shape. Place the flowers in ice water to secure their shape. Place the curved pieces, overlapping, atop the pâté, and secure the center of each flower with a pitted olive on a wooden pick. Use cut lengths of green onion for the stems—

½ cup finely chopped carrot
½ cup finely chopped celery
⅓ cup finely chopped onion
2 tablespoons cooking oil
⅓ cup dry white wine
1¼ teaspoons salt
2 teaspoons dried dillweed
1 teaspoon drained capers, finely chopped
¼ teaspoon pepper
3 cups ground cooked turkey
½ cup finely chopped pinenuts *or* almonds
2 hard-cooked eggs, chopped
Leaf lettuce
Carrot flowers (optional)
Carrot curls and celery fans (optional)
Assorted crackers *or* party bread rounds

In a large saucepan cook carrots, celery, and onion in hot oil till tender but not brown. Remove from heat. Stir in wine, salt, dillweed, capers, and pepper. Add ground turkey, nuts, and hard-cooked eggs. In blender container or food processor, process about one-fourth of the mixture at a time till smooth. Turn mixture into an oiled 4-cup mold. Cover and chill several hours or overnight. Unmold pâté onto a lettuce-lined serving plate. Garnish with carrot flowers, carrot curls, and celery fans, if desired. Serve with crackers or bread. Makes 3½ cups spread.

SALMON-STUFFED PASTA SHELLS

You can stuff the pasta shells ahead; then heat and serve at party time—

1 8-ounce package (25 to 30) conch-shaped pasta shells (conchiglie)
2 beaten eggs
2 cups ricotta cheese
½ cup finely chopped green pepper
¼ cup finely chopped onion
¼ cup snipped fresh parsley
¼ cup milk *or* light cream
½ teaspoon finely shredded lemon peel
½ teaspoon salt
¼ teaspoon ground mace
1 15-ounce can salmon, drained, bones removed, and flaked

• • •

⅓ cup fine dry bread crumbs
⅓ cup grated Parmesan cheese
2 tablespoons butter *or* margarine, melted

Cook pasta, uncovered, in a large amount of boiling salted water about 20 minutes or just till tender; drain. Rinse with cold water; drain again. Set aside. In a medium bowl combine the eggs, ricotta cheese, green pepper, onion, snipped parsley, milk or light cream, lemon peel, salt, and mace. Stir in salmon. Spoon mixture into cooked shells. Place shells, filled side up, in a 13x9x2-inch baking dish. Add 2 tablespoons *water* to dish. Cover; bake in a 350° oven for 30 minutes. Combine the bread crumbs, Parmesan, and butter or margarine; sprinkle over shells. Bake, uncovered, 5 minutes more. Serve hot. Garnish with lemon and lime wedges and parsley, if desired. Makes 25 to 30 appetizer servings.

APPETEASER PIE

You can prebake the crust and add the filling and toppings when the first guests appear—

1 package (8) refrigerated crescent rolls

• • •

1 8-ounce carton (1 cup) dairy sour cream
1 3-ounce package cream cheese with chives, softened
1 tablespoon snipped fresh parsley
1½ teaspoons fines herbes
Assorted toppings such as halved red *or* green pepper rings; halved sliced cucumber; sliced pitted ripe olives; sliced hard-cooked eggs; drained, canned shrimp

Unroll crescent roll dough; separate into triangles. On a 12-inch ungreased pizza pan, evenly space the triangles in a spoke fashion, with the points toward the center, to form a circle. Press dough with fingers to seal seams and cover bottom and sides of pan. Flute edge, if desired. Bake in 375° oven about 10 minutes or till lightly browned. Meanwhile, in small bowl stir sour cream into cream cheese till smooth. Blend in parsley and fines herbes. Spread mixture over prebaked crust. Starting from the outside edge, arrange toppings in a circular design atop cream cheese layer. Continue baking for 7 to 8 minutes more or till heated through. Serve warm. Cut into wedges. Makes 12 appetizer servings.

PUNCHED-UP HOT CIDER

Southern Comfort is a whiskey liqueur—

6 cups apple cider *or* juice
1 24-ounce bottle white grape juice
1 16-ounce jar spiced crab apples
5 inches stick cinnamon, broken
1 cup Southern Comfort
Cinnamon sticks

In Dutch oven heat apple cider with white grape juice, *undrained* spiced apples, and broken cinnamon. Bring to boiling; cover and simmer 10 minutes. Remove broken cinnamon and discard. Remove crab apples; reserve for the garnish. Stir in Southern Comfort. Serve in mugs garnished with spiced crab apples atop cinnamon sticks or plain cinnamon sticks. Makes about 23 (½-cup) servings.

UNITED NATIONS SANDWICH BOARD

12 ounces lean boneless pork
Cooking oil
15 wonton skins, halved diagonally
Cooking oil for shallow-fat frying
Finely shredded Chinese cabbage *or* green cabbage
Crushed pineapple (juice pack), drained
Bottled sweet and sour sauce

• • •

Unpeeled apple slices
Lemon juice
1 8-ounce package (36) crisp rye crackers
3 4-ounce packages whipped cream cheese
1 8-ounce jar pickled herring, drained
Fresh dill sprigs (optional)

• • •

1 package pumpernickel party bread rounds
Butter *or* margarine

continued



HOW TO MAKE DINNER BY JUST LIFTING A FINGER.



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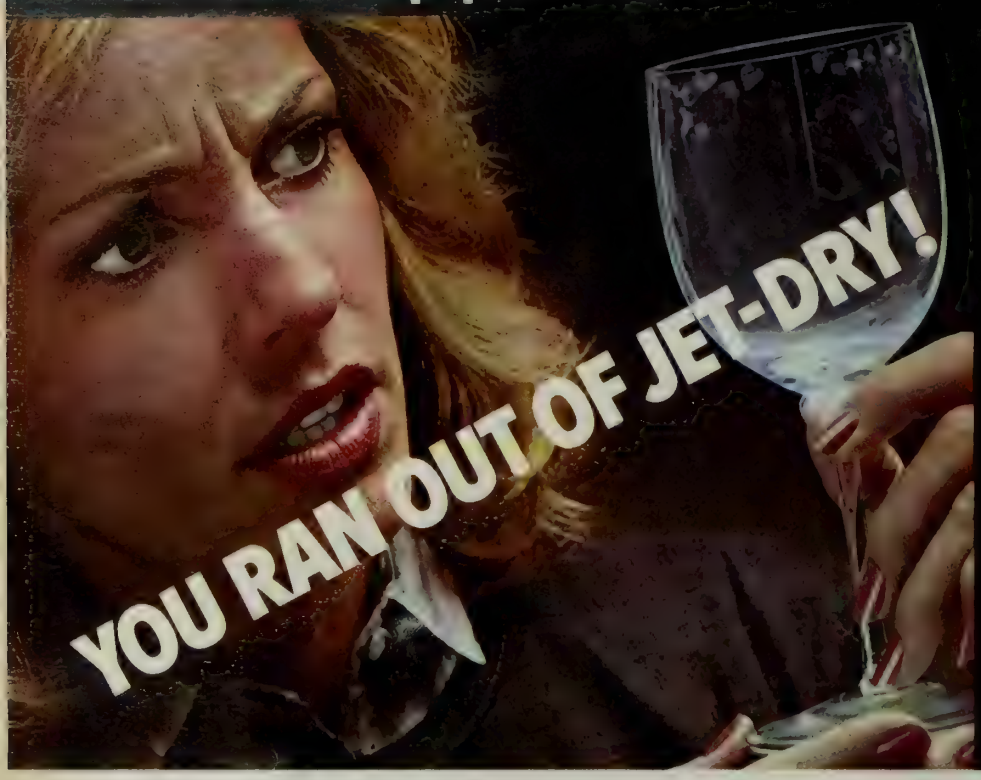
The Versatron™ is so compact it uses only a small amount of counter space, yet it's large enough for a 13″ x 9″ metal cake pan.

The Versatron™ CT03000 from General Electric. Now you can make dinner by just lifting a finger.

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Jet-Dry helps stop spots when detergents alone can't.



continued

A festive buffet

1 16-ounce can mayonnaise-style potato salad, chilled
1 6-ounce can sliced pickled beets, well drained
Sieved hard-cooked egg
Caviar (optional)

• • •

½ cup chopped chutney
½ teaspoon curry powder
2 2½-ounce packages thinly sliced pressed chicken, snipped
Water wafer crackers
Assorted toppers such as raisins, chopped peanuts, and shredded coconut

For Oriental sandwiches: Partially freeze pork; slice thinly across the grain into bite-sized strips. Stir-fry pork in a small amount of hot oil about 2 minutes or till cooked through. Drain. In a large skillet heat oil for shallow-fat frying to 365°. Fry wonton skins, a few at a time, till golden. Drain well on paper toweling. Top each triangle with some shredded cabbage, pineapple, pork, and sweet and sour sauce. Makes 30.

For Scandinavian sandwiches: Dip apple slices in a mixture of lemon juice and water to prevent darkening. Spread rye crackers with whipped cream cheese; top each cracker with some of the pickled herring and an apple slice. Garnish with a sprig of fresh dill, if desired. Makes 36.

For Russian sandwiches: Spread pumpernickel bread rounds with butter or margarine; top with 1 tablespoon of potato salad. Place a slice of beet atop; garnish with sieved hard-cooked egg and caviar, if desired. Makes 32.

For Indian sandwiches: Combine chutney and curry; stir in snipped chicken. Spoon mixture onto crackers; garnish with raisins, chopped peanuts, or coconut. Makes about 32.

KIR CHAMPAGNE PUNCH

Freeze additional raspberries and orange slices in an ice ring mold to float in the punch bowl—

2 10-ounce packages frozen raspberries, partially thawed
1 32-ounce bottle (4 cups) sparkling water, chilled
1 cup crème de cassis, chilled
3 750-ml bottles chilled champagne

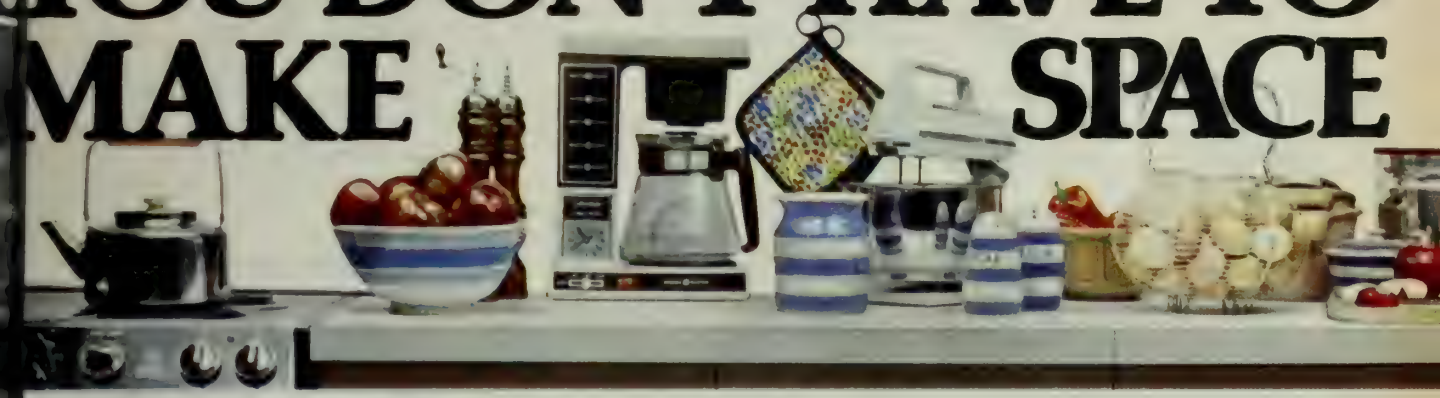
Place *one* package of partially thawed raspberries in blender container or food processor bowl; cover and process till smooth. Strain mixture to remove seeds. Pour puree into punch bowl with sparkling water and crème de cassis; stir gently to blend well. Break up remaining raspberries with fork; add to punch bowl. Resting bottles on rim of bowl; slowly pour champagne down side of bowl, stirring gently with an up-and-down motion. Serve at once. Makes 30 (½-cup) servings.

BEER FRUITCAKE

This heavy, fruit-filled cake gets its special flavor from stout, ale, or beer. Stout and ale are heavy-bodied types of beer that will impart a fuller flavor to this cake than regular beer. You'll find stout and ale at stores that carry specialty beers—

continued

YOU DON'T HAVE TO MAKE SPACE



You don't have to crowd your countertops or rearrange your kitchen for the Spacemaker Microwave Oven from General Electric. It fits right over your range, where it's out of your way and still easy to get to. And the Spacemaker oven comes with an exhaust fan and work light for your range.

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But maybe the most amazing thing about the Spacemaker oven is its Automatic Cooking Control, an electronic sensor system that makes microwave cooking easier. It allows you to prepare everything from frozen entrees to casseroles without worrying about time, temperature, or power settings. Just indicate the kind of food you're cooking, press the start button, and that's all you do until your food is ready. Even roasts can be automatically cooked "rare," "medium," or "well done." Also a 3-digit Cook Code™ control automatically lets you prepare hundreds of recipes found in the GE Cookbook.

If you want a microwave oven that saves space, looks good, and makes cooking easier than ever, get the Spacemaker oven from GE.

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continued

A festive buffet

¼ cup stout, ale, *or* beer
1½ cups light raisins
1½ cups dark raisins
4 cups all-purpose flour
1½ cups packed brown sugar
2 teaspoons pumpkin pie spice
1 teaspoon baking soda
1¼ cups butter *or* margarine
4 eggs
1 11.4-ounce bottle stout, ale, *or* one 12-ounce bottle or can beer
1 teaspoon finely shredded lemon peel
¾ cup mixed candied fruits and peels
Stout, ale, *or* beer
Light corn syrup
Chopped candied fruits and peels
Red and green candied cherries (optional)

Heat the ¼ cup stout to boiling; remove from heat. Add light and dark raisins; set aside to soften fruit. In a large mixing bowl stir together the flour, brown sugar, pumpkin pie spice, and baking soda. Cut in butter or margarine till mixture resembles small peas. Combine the eggs, the bottle of stout, ale, or beer, and lemon peel; add to flour mixture, stirring till well mixed. Fold in *undrained* raisins and the ¾ cup mixed fruits and peels. Turn into a greased and floured 10-inch tube pan. Bake in a 300° oven for 1¾ to 2 hours or till cake tests done. Cool in pan on wire rack 10 minutes. Remove cake from pan; cool completely on wire rack. Wrap cake in cheesecloth soaked in additional stout. Wrap tightly in foil. Store cake in a cool place for up to 1 week before serving, remoistening cheesecloth with additional stout as needed. Before serving, place cake on a serving plate; brush top of cake with corn syrup. Garnish top of cake with a ring of chopped candied fruits and peels; decorate with red and green candied cherries, if desired. Cut in thin slices to serve.

ESPRESSO ALEXANDER DEMITASSE

You'll find ground espresso coffee in specialty coffee shops, stores that sell espresso coffee makers, and in the coffee section of larger supermarkets—

6 cups cold water
¾ cup ground espresso coffee
8 inches stick cinnamon, broken
½ cup crème de cacao
¼ cup brandy
1 cup whipping cream
Chocolate curls *or* grated semisweet chocolate

Place cold water in percolator. Place espresso and stick cinnamon in basket. Perk according to manufacturer's directions, using strongest setting. (If using an electric drip coffee maker, place espresso grounds and cinnamon in filter; use 6 cups water and brew on strongest setting according to manufacturer's directions.) Remove basket or filter; stir crème de cacao and brandy into coffee. In a small mixing bowl beat whipping cream to soft peaks (tips curl over). To serve, pour coffee mixture into demitasse cups or small coffee cups, filling two-thirds full. Serve with whipped cream and chocolate curls or grated chocolate. Makes 14 to 16 demitasse servings.

GINGERBREAD SPRITZ

1 cup butter *or* margarine, softened
½ cup molasses
¼ cup packed brown sugar
1 egg
1 teaspoon vanilla
2¾ cups all-purpose flour
½ teaspoon baking powder
½ teaspoon ground nutmeg
½ teaspoon ground cinnamon
¼ teaspoon salt
¼ teaspoon ground cloves
¼ teaspoon ground ginger
1 recipe Powdered Sugar Glaze (optional)

In mixer bowl beat together the softened butter or margarine, molasses, and brown sugar; add the egg and vanilla and beat well. In another bowl thoroughly stir together the flour, baking powder, nutmeg, cinnamon, salt, cloves, and ginger. Add to creamed mixture; stir till thoroughly mixed. Cover and chill dough 1 to 2 hours.

Fill cookie press with *half* the dough. Press into desired shapes onto an ungreased cookie sheet. Repeat with remaining dough. Bake in a 400° oven for 7 to 8 minutes or till set. Remove from cookie sheets; cool on wire rack. If desired, drizzle cookies with powdered sugar glaze. Makes 4 dozen.

To make Powdered Sugar Glaze: In a small bowl stir together 1 cup sifted *powdered sugar*, ¼ teaspoon *vanilla*, and about 1½ tablespoons *milk*, or enough to make an icing of drizzling consistency.

CRANBERRY JELLIES

You can also use regular raspberry, strawberry, strawberry-banana, cherry, or black cherry-flavored gelatin in this recipe—

1 16-ounce can jellied cranberry sauce
2 3-ounce packages wild raspberry-flavored gelatin
1 cup finely chopped pecans *or* walnuts
Sugar

In a medium saucepan combine the cranberry sauce and gelatin. Cook and stir till mixture comes to a full rolling boil; remove from heat. Stir in nuts. Pour mixture into a greased 9x5x3-inch loaf pan; chill till firm. Cut into 1¼x¾-inch pieces and roll in sugar; chill 24 hours. Reroll in sugar, if desired, before serving. Store in refrigerator. Makes about 40 pieces.

CHANTILLY FLIPS

Here's how to prevent the sponge cake rounds from cracking when you fold them: fold them around a wooden spoon handle before filling them. Then unfold, fill, and fold them over the filling as the recipe directs—

4 egg yolks
½ teaspoon vanilla
⅓ cup granulated sugar
4 egg whites
½ cup granulated sugar
½ cup all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
Sifted powdered sugar
2 cups whipping cream
1 envelope unflavored gelatin
⅓ cup cold water
3 tablespoons sifted powdered sugar
¼ cup Amaretto

In a small mixer bowl beat the egg yolks and vanilla on high speed of electric mixer about 5 minutes or till thick and lemon-colored. Gradually beat in the ⅓ cup granulated sugar, beating till sugar is nearly dissolved. Wash beaters thoroughly. In a large mixer

continued

Meet Jeffrey, ex-Hot Cereal Holdout.









Apples & Cinnamon,
Raisins & Spice, Maple & Brown Sugar,
Cinnamon & Spice, New Honey & Graham

Instant Quaker Oatmeal comes in flavors kids love, especially New Honey & Graham.



continued

A festive buffet

bowl beat the egg whites at high speed to soft peaks (tips curl over). Gradually add the ½ cup granulated sugar; continue beating to stiff peaks (tips stand straight). Using a rubber spatula, gently fold yolks into whites. In a small bowl stir thoroughly together the flour, baking powder, and salt; sprinkle about one-third of the mixture at a time over egg mixture. Gently fold in with spatula just till blended.

Spread batter evenly in two greased and lightly floured 15x10x1-inch baking pans. (Or bake batter, half at a time, in one pan.) Bake in a 375° oven for 10 minutes or till cake springs back in center when lightly touched. Immediately loosen edges of cake from pans; turn out onto towels sprinkled with powdered sugar. Cover warm cakes with plastic wrap.

Meanwhile, prepare filling. Let whipping cream stand 15 minutes at room temperature. In a small bowl soften gelatin in the cold water; place bowl in a larger bowl of hot water. Stir gelatin mixture till gelatin is dissolved. Gradually stir gelatin mixture into the whipping cream; add the 3 tablespoons powdered sugar and the liqueur. Cover and chill mixture about 30 to 60 minutes or till slightly thickened. Beat mixture at high speed of electric mixer to stiff peaks.

Using a 3-inch round cutter, cut cooled cake layers into 3-inch rounds. (Save trimmings for another use.) Using one-third of the whipped cream at a time, fill a pastry bag fitted with a star tip with the whipped cream mixture. Pipe filling onto half of each circle; fold other half over filling. Sprinkle tops of flips with additional sifted powdered sugar. Serve immediately or cover; chill up to 24 hours. Makes 30.

JEWELED FRUIT TART

Create your own dried fruit design atop this custard-filled pastry—

1¾ cups all-purpose flour
¾ teaspoon salt
½ cup butter *or* margarine
3 tablespoons shortening
1 beaten egg yolk
3 tablespoons ice water

• • •

3 tablespoons sugar
2 teaspoons unflavored gelatin
1⅓ cups milk
2 slightly beaten eggs
½ teaspoon vanilla
3 to 4 cups assorted dried fruits such as figs, apricots, pitted dates *or* prunes, raisins, and sliced apples *or* pears
½ cup orange marmalade
2 tablespoons brandy *or* orange juice

To prepare crust: In mixing bowl combine the flour and salt; cut in the butter or margarine and shortening till mixture resembles fine crumbs. Combine the 1 beaten egg yolk and the ice water; gradually add to flour mixture and mix well. Knead dough lightly with fingers to form a ball. Cover dough; chill for 30 to 60 minutes. On a lightly floured surface roll pastry to a 15-inch circle. Line a 12-inch pizza pan with pastry; trim ½ inch beyond edge. Turn edge under and flute. Prick pastry; bake in a 375° oven for 15 to 20 minutes or till golden. Cool.

To prepare custard filling: In saucepan combine the sugar and gelatin. Stir in milk; bring mixture to boiling, stirring constantly. Gradually stir *half* (about ⅔ cup) of the hot mixture into the 2 beaten eggs. Return egg mixture to saucepan; cook and stir over medium heat for 2 minutes or till almost boiling (*do not boil*). Add vanilla. Cover surface of custard with clear plastic wrap; chill till partially set (consistency of unbeaten egg whites). Spread partially set custard over baked crust.

For fruit topping: In a medium saucepan cook desired dried fruit in enough water to cover for 5 to 10 minutes or till nearly soft. Drain fruit well. Arrange fruit in a circular pattern atop custard. Heat orange marmalade with brandy or orange juice; brush liberally over fruit. Cover and chill tart till serving time. Cut into wedges to serve. Makes 12 servings.

CHRISTMAS WREATH ROLLS

You can bake and freeze these rolls, without preserves, up to a month ahead—

1 package active dry yeast
¼ cup lukewarm water (110° to 115°)
¼ cup milk
¼ cup sugar
¼ cup butter *or* margarine
¾ teaspoon salt
2 to 2½ cups all-purpose flour
1 egg

• • •

2 3-ounce packages cream cheese, softened
2 tablespoons sugar
1 egg yolk
½ teaspoon vanilla
1 beaten egg white
Cherry, strawberry, apricot, *or* blueberry preserves

Soften yeast in lukewarm water; set aside. In saucepan combine the milk, ¼ cup sugar, butter or margarine, and salt; heat just till warm (115° to 120°), stirring till butter almost melts. Add to yeast mixture along with *1 cup* of the flour; add 1 egg. Beat at low speed of electric mixer for ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon. On floured surface knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (5 to 8 minutes). Shape into a ball. Place dough in a greased bowl; turn once. Cover and let rise in a warm place till double (about 2 hours).

Meanwhile, prepare filling: in bowl beat together the cream cheese, the 2 tablespoons sugar, the egg yolk, and vanilla; set aside. Punch dough down. Divide dough in half; cover and let rest 10 minutes. On a lightly floured surface roll out *half* the dough to ¼-inch thickness. Cut with a 2-inch round cutter into 12 rounds. Place rounds 3 inches apart on greased baking sheets. Add scraps to remaining dough; shape into ball. Divide remaining dough into fourths; divide each fourth into 6 pieces to make 24 pieces. On a lightly floured surface roll each piece of dough into an 8-inch rope. For each roll, twist two ropes together, sealing ends. Coil each twist around a dough circle, pressing ends together to seal.

Spoon about 1 tablespoon of the cheese filling mixture into center of each roll. Brush edges of rolls with the beaten egg whites. Let rise, uncovered, in a warm place till nearly double (about 45 minutes). Bake in a 375° oven for 12 to 15 minutes. Cool rolls on wire rack. Spoon desired preserves in the center of each roll. Makes 12.



BAKE A

WHOLE WHEAT WALNUT BREAD

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WHOLE WHEAT WALNUT BREAD

Makes 2 loaves

- ¾ cup milk
- ⅓ cup sugar
- 4 teaspoons salt
- ¼ cup (½ stick) Fleischmann's® Margarine
- 2 packages Fleischmann's Active Dry Yeast
- 1½ cups warm water (105°F.-115°F.)
- 3 cups unsifted whole wheat flour
- 2¾ to 3¼ cups unsifted white flour
- 1 cup chopped Planters Walnuts

Scald milk; stir in sugar, salt and margarine. Cool to lukewarm.

Dissolve yeast in warm water in warm bowl. Add lukewarm milk mixture and whole wheat flour; beat until smooth. Stir in enough more white flour to make a stiff dough. On floured board knead 10 to 12 minutes (dough will be slightly sticky). Place in greased bowl; turn to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch dough down. On floured board knead in walnuts. Divide dough into 4 equal pieces. Roll each to an 8-inch square. Shape into loaves. Place 2 rolls, side by side, in each of 2 greased 8½ x 4½ x 2½-inch loaf pans. Cover; let rise until doubled, about 1 hour.

Bake at 375°F. 35-40 minutes, or until done. Remove from pans. Brush with melted margarine if desired. Cool.

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Low tar Saratoga 120's

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15 mg "tar," 1.1 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

begins on page 73

Christmas crafts

TIN SOLDIER DOLL

To order a full-size pattern and instructions, see page 32.

Materials: Army blanket or medium-weight wool; scraps of red, flesh, blue, and black felt; 10 inches of red nylon upholstery fringe; 12 inches each of gold nylon upholstery fringe and narrow gold braid; 8 inches of gold cording; 22 inches of red middy trim; 6 gold beads; 6 black beads; fiberfill; glue.

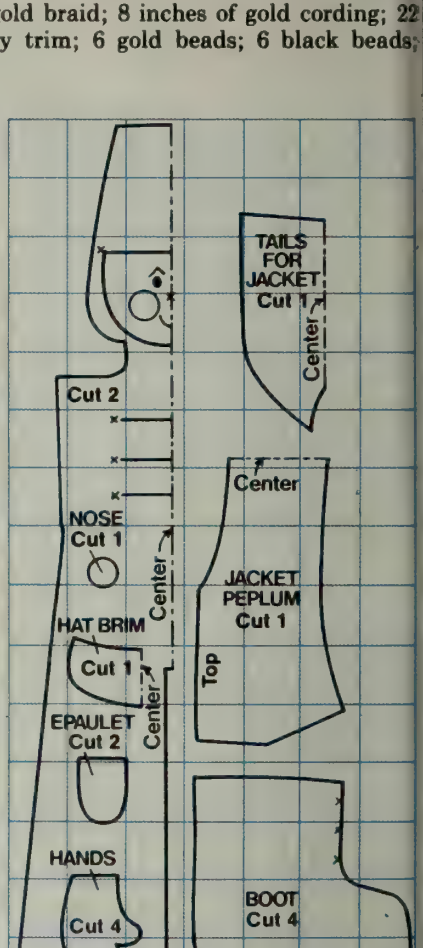
Instructions:

1. Enlarge pattern, *right,* and transfer to brown paper to make a complete body pattern. Trace around body with dressmaker's pencil onto a double thickness of fabric.

2. Open blanket or wool piece to single thickness; following pencil line, stitch around neck, head, and hat.

3. Cut face from felt and glue in position on stitched outline of head. (Do this on the side of the blanket *without* the pencil outline.) Stitch face in place. Embroider eyebrows and mouth with black thread.

4. Turn blanket to side with pencil outline and stitch around outline through double thickness, leaving 1 side and leg ends open. Trim excess fabric; turn. (Owing to thickness of blanket, pliers are helpful in pulling blanket through opening.)



1 Square = 1 Inch

5. Stuff with fiberfill, beginning with head and stopping at top of legs. Blindstitch opening closed. Hand-sew across top of each leg to create a joint.

6. Stuff legs through bottom of leg openings. Glue strip of red middy tape over outside seam of each leg to create a red stripe.

7. *Facial features:* Cut nose (¾-inch circle) from flesh-colored felt. Gather the outside edge, tuck in a bit of fiberfill, and pull thread tightly to form a felt bead. Stitch nose to face. Cut and glue to face blue felt circles for eyes and red felt circles for cheeks.

continued

8. *Boots:* On double thickness of black felt, trace around boot pattern. Stitch on lines, leaving top open. Trim close to stitching and turn right side out. Stuff to within ½ inch of top. Put leg into boot and whipstitch boot to leg. Glue a ¾x5½-inch strip of felt around top of boot to form cuff. Sew 3 black beads to each boot (buttons).

9. *Jacket and peplum:* Cut peplum and tails out of single thickness of fabric. Sew tails to center back of peplum. Topstitch all around edges. Position peplum at waist, overlapping in the front, and hand-sew in place. Glue narrow gold trim around waist on top edge of peplum.

10. *Arms:* Cut 2 pieces, each 3⅜x 4½ inches. Fold each rectangle in half lengthwise and sew ¼-inch side seams. Turn. Trace hand shape onto double thickness of flesh-colored felt. Sew around outline and trim close to stitching. Don't turn. Lightly stuff hand. Slip hand into 1 end of arm and sew across bottom of arm, securing hand in the stitching. Stuff arm to midpoint; stitch across arm to form joint. Continue to lightly stuff, stopping ½ inch from top. Glue red middy trim around arm slightly above hand. Whipstitch arm in place to shoulder edge.

11. *Collar:* Cut collar ½x4¾ inches from blanket or wool; glue around neck.

12. *Epaulet:* For each shoulder fold a 6-inch length of gold fringe in half and sew around the shoulder right above the arm. Cut epaulet from single thickness of blanket; glue on top of shoulder. Glue gold braid around edge, then trim fringe to desired length.

13. Glue 3 strips of gold cording to jacket front. Add gold beads (buttons).

14. *Hat:* Gather 10 inches of red fringe and tack to top of hat. Arrange so part of fringe falls toward the front and part toward the back. Cut out bill on hat and topstitch around all edges. Hand-sew in a slight curve over the face. For the chin strap, tack the ends of a ¼x5-inch strip of black felt (or leather lacing) to outside edges of the bill to form chin strap. Glue another strip of felt across the top of the bill.

15. Tack musical instrument in doll's hand if desired.

EYELET ORNAMENTS

Materials: 2½-inch foam balls; 4 yds. 1-inch-wide gathered eyelet lace for each ornament; pins; florist's wire.

Instructions:

1. Begin each ornament at the bottom of the ball. Coil the end of the eyelet lace so that it forms a quarter-sized circle; pin to bottom of ball. Wrap and

continued

Share some simple yummy Yuletide treats.

The magic of the holiday season calls for the magic of Eagle® Brand Sweetened Condensed Milk. Eagle Brand is a creamy smooth precooked blend of milk and sugar. It's the secret to these chewy Magic Cookie Bars. Simply combine Eagle Brand with chocolate morsels, coconut, chopped nuts and graham cracker crumbs. Bake, cool, and serve. You'll find this great-tasting snack has Yuletide cheer in every bite. Makes a delightful gift, too! The easy recipe is below.





BORDEN®

Magic Cookie Bars

(Makes 24 bars)

1/2 cup butter or margarine
1-1/2 cups graham cracker crumbs
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk
1 (6-ounce) package semi-sweet chocolate morsels
1 (3-1/2 ounce) can flaked coconut
1 cup chopped nuts

Preheat oven to 350° (325° for glass dish). In 13 x 9-inch baking pan, melt butter. Sprinkle crumbs over butter; pour sweetened condensed milk evenly over crumbs. Top evenly with remaining ingredients; press down gently. Bake 25 to 30 minutes or until lightly browned. Cool thoroughly before cutting. Store, loosely covered, at room temperature.

continued

Christmas crafts

pin eyelet around this circle once more.

2. To cover remainder of ball, coil eyelet in rounds spaced ½ inch apart, and at the same time make ¼-inch-wide pleats spaced ½ inch apart along the gathered edge. Pin each pleat in place. Make sure that each successive round of lace completely covers the pleats and pins of the previous round.

3. When all rounds have been completed and the ball is covered, bend a short length of wire into a U-shape and insert into the top of the ball to form a hanging loop.

CROCHETED MIRROR ORNAMENTS

Materials: Mangelsen's 4-ply gold lamé thread; 2-inch-diameter double-sided mirror ornaments; size 6 steel crochet hook.

Instructions:

Crochet abbreviations are on page 46.

1. With 1 strand of thread, ch 5; sl st to form ring. *Rnd 1:* Ch 5, dc in ring, (ch 2, dc in ring) 7 times; ch 2; join with sl st to 3rd ch of ch-5 at beg of rnd—9 ch-2 lps. *Rnd 2:* Ch 5, (dc in ch-2 sp, ch 2, dc in next dc, ch 2) 8 times; dc in ch-2 sp, ch 2; join with sl st to 3rd ch of ch-5 at beg of rnd. *Rnd 3:* Sl st into next ch-2 sp, ch 3, dc in same sp, (ch 2, 2 dc in next ch-2 sp) 17 times; ch 2; join with sl st to 3rd ch of ch-5 at beg of rnd. Fasten off.

2. Rpt Rnds 1-3 for other side of ornament, *do not fasten off.* Sl st into next dc. Hold wrong sides of ornament halves tog, and align ch-2 sps around. *Joining rnd:* Sl st in first ch-2 sp, ch 1, in same sp work sc, dc, tr, dc, and sc; * sc, dc, tr, dc, and sc all in next ch-2 sp. Rpt from * two-thirds of the way around. Slip mirror ornament between halves; continue joining rnd, ending with sl st to first sc. Fasten off.

CROCHETED SATIN ORNAMENTS

Materials: 2½-inch-diameter satin-covered foam balls; Mangelsen's 2-ply gold lamé thread; size 6 steel crochet hook.

Instructions:

Note: The crocheted covering for this ornament is worked in 2 pieces; work each identically and follow assembly instructions below. Ch 12, sl st to form ring.

1. *Rnd 1:* Ch 3, dc in joining; work 2 dc in each ch around; sl st to top of ch-3 at beg of rnd—24 dc. *Rnd 2:* Ch 7, * sk 2 dc, dc in next dc, ch 4. Rpt from * around; join last ch-4 with sl st to 3rd ch of ch-7 at beg of rnd—8 ch-4 lps. *Rnd 3:* Ch 8, * sc in ch-4 lp, ch 4, tr in dc, ch 4. Rpt from * around, ending with sc in ch-4 lp, ch 4, join to last ch-4 with sl st to 4th ch of ch-8 at beg of rnd. *Rnd 4:* Ch 10, * double treble (dtr) in tr, ch 5. Rpt from * around; join last ch-5 with sl st to 5th ch of ch-10 at beg of rnd; fasten off.

2. To assemble, position 2 halves around ball, aligning dtr's and ch-5s. Join thread in any ch-5 lp of both halves and work 6 sc over lps of both halves. Join to first sc; fasten off.

LACE-COVERED ORNAMENTS

Materials: Satin-covered foam balls in a variety of colors and sizes; scraps of antique or newly purchased lace; white glue; florist's wire.

Instructions:

1. Sort lace according to type and size, and plan each ornament before gluing. Use each lace piece to its best advantage, such as wrapping a scalloped edging around a ball to form a star-shaped opening. Or double-wrap a wide lace piece twice around a ball to cover it. Or position individual lace motifs randomly around the surface of the ball.

2. When all balls have been planned, glue the lace to the ball, pinning it in place until the glue sets. Bend a short length of wire into a U-shape and insert into ball to serve as a hanging loop.

PORTRAIT ORNAMENTS

Materials: Round, oval, and rectangular small plastic picture frames (available at craft and hobby supply outlets); a variety of family portraits small enough to fit the frames; spray adhesive; lightweight cardboard; decorative papers for backing; gold cord.

Instructions:

Cut a piece of cardboard backing for each frame with a utility knife so that it fits snugly inside the frame. With spray adhesive, affix a portrait to a suitably sized and shaped cardboard piece; trim away excess. Insert the cardboard into the frame; cover exposed cardboard with paper. Hang from tree with a loop of gold cord.

LAMÉ HEART ORNAMENTS

Materials: Pink lamé scraps; muslin scraps; fiberfill; sewing thread to match lamé; monofilament thread.

Instructions:

1. Draw a 3½-inch-high heart on a cardboard scrap to serve as the master pattern; cut it out. Trace around pattern on the back of the lamé. Cut out lamé pieces, leaving at least an inch seam allowance between each piece.

2. To make a trapunto heart on the front of the ornament, place a muslin scrap and lamé scrap wrong sides together. Machine-stitch a smaller heart shape inside the lamé ornament shape. Cut a slit in the muslin; stuff the small heart shape with a bit of fiberfill. Slip-stitch the opening.

3. To complete the ornament, place 2 lamé pieces—1 trapunto heart and 1 plain heart—right sides together. Stitch, leaving an opening for turning. Turn, trim seams, stuff, and slip-stitch closed. Hang ornament from a loop of monofilament thread.

MAN'S PATCHWORK VEST

Materials: Man's vest pattern (Butterick #6456); satin lining fabric for vest lining and back (see pattern for yardage); scraps of medium-weight satin lining fabrics and silk neckties for vest front; 1 yd. muslin; fusible webbing; assorted colors of embroidery floss; notions for completing vest as stated in pattern.

Instructions:

1. Preshrink muslin and cut out vest fronts. Plan placement of scrap fabrics and tie pieces to front of vest, using patterns and colors to best advantage. Pin scraps and ties in place on muslin, trimming pieces to align with outer edge of pattern pieces.

2. Working with 1 piece at a time, attach scraps to muslin with fusible webbing.

3. When all pieces are secure, embroider around each piece with feather stitches as for a crazy quilt.

4. Complete pocket assembly, if desired, and complete vest according to pattern directions.

RIBBON-TRIMMED BLOUSE

Our blouse is made from Folkwear pattern #205. However, we substituted appliquéd ribbon strips of varying widths and patterns on the collar, yoke, bodice, and sleeves where the pattern instructions call for lace.

NECKTIE STOCKING

Materials: 1 yd. red satin backing/lining fabric; pieces from 12 old ties, or similar fabric scraps; ⅓ yd. quilt batting; 2 yds. cording; red pearl cotton embroidery thread; ½ yd. muslin; 2 yds. cording.

Instructions:

1. Enlarge pattern, *page 130;* transfer to brown paper. Cut the following pattern pieces: 1 muslin, 3 satin fabric

continued



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(1 for back, 2 for lining), and 2 from batting.

2. Cut tie fabric to match strips indicated on pattern, adding ½-inch seam allowances. Cut heel and toe sections, adding ½-inch seams.

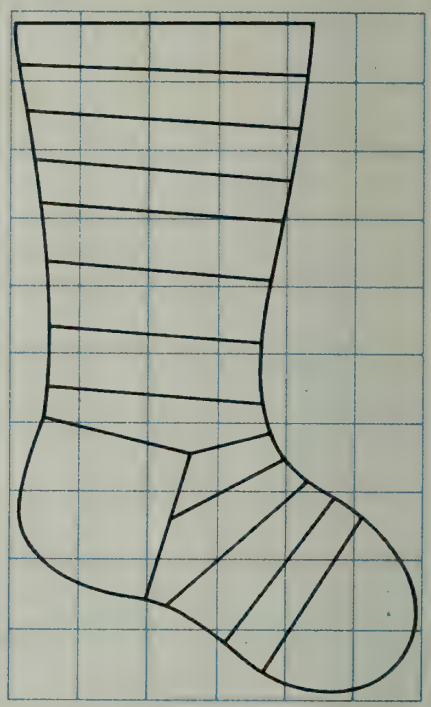
3. Baste batting to muslin backing. Baste first tie strip to stocking top, batting side up. To add strips, pin next section along bottom seam line right sides facing; stitch along seam line. Fold strip toward stocking bottom. Complete strips through toe. Add heel section last, folding under seam allowances and slip-stitching in place.

4. Using pearl cotton, edge each seam with red feather stitching.

5. Cut and piece bias strips of red satin lining fabric to cover cording. Pin to stocking along side and bottom seam line; baste.

6. Baste second batting piece to wrong side of satin backing. With right sides facing, sew stocking back to front. Trim and clip seams, turn and press. Stitch cording around stocking's top seam line.

7. With right sides facing, stitch liner pieces together; trim, clip seam. Slip lining into stocking. Turn under raw edges; whipstitch lining to stocking top along cording line. Add ribbon bow and loop for hanging.



1 Square = 2 Inches

FAN PILLOWS

Materials (for one pillow): 1 yd. black satin or satin lining fabric; assorted old neckties or similar fabric scraps; 1 yd. cording; polyester fiberfill; fusible webbing.

Instructions:

1. Cut two 17¼-inch fabric squares. Trim away 7 necktie backs to form single pieces of fabric. Cut 1 necktie into a quarter circle.

2. Using fusible webbing, arrange tie strips into a fan shape with the quarter circle as base; iron into place.

3. Cut and piece bias strips of black fabric to cover cording. With fabric's right sides facing, position cording around pillow edge; stitch ⅝-inch seam, leaving opening for turning. Turn, stuff with fiberfill, and slip-stitch opening closed.

NECKTIE ORNAMENTS

Materials: Assorted neckties or similar fabric scraps; foam plastic balls; self-adhesive gold braid; gold ribbon; white glue.

Instructions:

1. Refer to Name Tape Ornaments how-to (page 54), substituting neck-

continued

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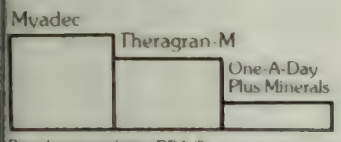
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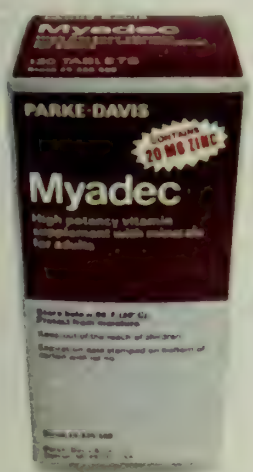
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continued

Christmas crafts

ties for calico and gold braid for name tape trims. Add gold ribbon loops.

FANCY FABRIC VEST

Materials: Vest pattern (Butterick #6456); fabric for vest back and vest lining; muslin fabric for vest front backing; assorted dark-toned silks, satins, cottons, ribbons, and brocades; assorted pearl cotton, silk, and metallic threads.

Instructions:

1. Cut 2 front pattern pieces from muslin. Cut assorted fabrics into long, thin strips in widths varying from ¼ to 1½ inches.

2. Pin fabric strips to muslin vest fronts to form vertical stripes. Add several strips of horizontally tucked fabric for texture. Fold fabric edges under; stitch in place.

3. Add buttonhole, running, quilting, and outline stitches to accent fabric strips, using assorted threads.

4. Cut vest front and back linings. Cut vest back. Assemble according to pattern instructions.

FRILLY JABOT

Materials: 4½ yds. 2-inch-wide ruffled lace; ½ yd. white netting; 2 snaps.

Instructions:

1. Cut a 9½x16-inch oval from netting. From 1 narrow end, trim away a 4-inch-deep arc to form neck edge.

2. Make 1 piece of 4-inch-wide lace by stitching two 22-inch pieces together, unruffling only *one* of the lengths and sewing it to the ungathered edge of the other piece. Position and stitch gathered edge of lace to oval 3 inches from outer edge.

3. To form center panel, unruffle two 9-inch lengths of lace. Machine-stitch the 2 together. Center on top of netting and stitch; trim away netting from behind panel, close to seam.

4. Stitch a 36-inch length of lace to the netting's outer edge. Cut a 15-inch length of lace, unruffle it, and attach to neck edge. Sew snaps to ends.

TIERED PATCH SKIRT

Materials: Assorted solid, print, plaid, and checked medium-weight cottons or cotton-blend fabrics (approximately 4¼ yds. for ankle-length skirt shown); 7- or 9-inch zipper; lightweight lining fabric (optional); grosgrain ribbon.

Instructions:

1. From assorted fabrics cut 374 four-inch squares.

2. To assemble, stitch 24 squares into bands of fabric for the top tier (2 squares high and 12 squares across) using ⅜-inch seams; press all seams in 1 direction.

3. The second tier is 3 squares high and 20 squares across (60 squares); the third tier is 3 squares high and 30 squares across (90 squares); the fourth tier is 3 squares high and 60 squares across (180 squares). (*Note:* For a shorter skirt, delete a row of squares from the second tier. For a longer skirt, add a row of squares to the third or fourth tier.)

4. If skirt is to be lined, baste lining fabric to the wrong side of each lined strip as if it were 1 fabric piece.

5. Gather longest, bottom tier to fit along the edge of the third tier. Pin in place; machine-stitch. Pink the seam and press toward skirt top.

6. Repeat with each successive layer; a single back seam will be formed.

7. For waistband, cut a 7-inch-wide fabric strip that is long enough to encircle waist, plus 1 inch. Fold in half lengthwise; press. Gather top of skirt into waistband. Fold waistband edges

continued



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scraps of quilt batting; ⅓ yd. satin lining fabric; straight pins; white glue; ribbon or fabric for bow.

Instructions:

1. Wrap wreath with 3-inch-wide strips of lining fabric. Secure in place with pins dipped in glue.

2. For "leaves," clip the top and bottom 4 inches from each tie. Place atop same-size piece of quilt batting. Fold fabric edges under; whipstitch in place. Make about 76 leaves for wreath shown. (If necessary, cut remaining tie fabric into matching shapes.)

3. Gather leaves tightly along straight edge; knot. Arrange overlapping leaves around wreath; secure to form with pins dipped in glue. Add bow.

BUTTONS AND BOWS STOCKING

Materials: ½ yd. each of muslin, lining fabric, and quilt batting; ⅓ yd. satiny backing fabric; scraps of ribbon, lace, and striped or printed fabrics; old-fashioned pearl buttons in various sizes and shapes; purchased appliqués or scraps from embroidered towels, handkerchiefs, etc.

Instructions:

1. Enlarge stocking pattern, *page 130,* to size; add ½-inch seam allowances. Cut stocking front and back from muslin, batting, and lining fabric.

2. Using the photo on page 78 for reference, piece scraps of satin and ribbons together into a rectangle large enough to accommodate the stocking pattern. Lay muslin on wrong side of pieced fabric and cut front of stocking.

3. Sandwich batting between pieced front and muslin; quilt along seams.

4. Tie small bows of random scraps of ribbon; tack bows, pearl buttons, and lace appliqués at various points across

continued

Christmas crafts

under; stitch in place.

8. With right sides together, stitch back seam, inserting zipper along seam flush with waistband top; hem. Tack bows to skirt, using photo for ideas.

GOLD DOILY WREATH

Materials: 14-inch plastic foam wreath form; ½ yd. gold lamé fabric; forty 5-inch-diameter gold foil doilies; gold spray paint (optional); baby's-breath or other dried flowers; white adhesive floral clay; floral picks; ecru lace for bow.

Instructions:

1. Cut gold lamé fabric into 1½-inch-wide strips; wrap around wreath.

2. Make nosegays by placing a wooden pick and small tuft of baby's-breath on a piece of floral clay; insert pick through center of gold doily and gather doily around flowers. *Note:* backs of doilies may be white; if so, spray backs with gold paint.

3. Poke a small hole in lamé wrapping on wreath form, using an ice pick. Insert a nosegay into each hole; push it deeply into the foam.

4. Tie a bow, using lace atop a strip of gold lamé. Wrap securely with wire; insert wire into wreath to attach bow.

NECKTIE WREATH

Materials: 14-inch foam plastic wreath form (outside dimension); 24 to 36 neckties (or scraps of similar fabrics);





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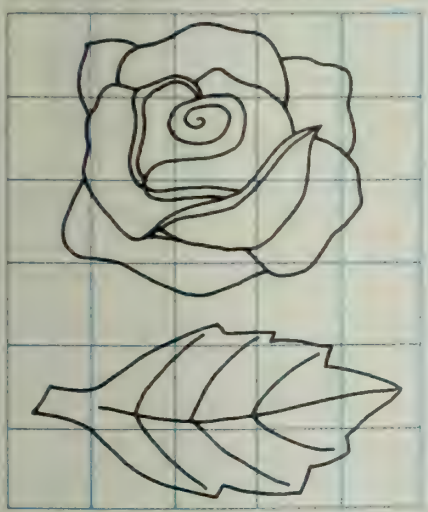
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the stocking (see photo).

5. For stocking back, baste muslin, batting, and backing fabric together. With right sides facing, sew stocking back to front. Trim seams, turn, press.

6. Stitch stocking lining back to front. Insert lining in stocking, turn under all raw edges along top and slip-stitch edges together. Add a ribbon loop for hanging.

LAMÉ ROSES FOR A WREATH



1 Square=1 Inch

Materials: ⅛ yd. each of orange, pink, and bronze lamé fabric; ¼ yd. green lamé; quilt batting; red, bronze, and green thread; 12-inch plastic foam wreath form; fabric glue; florist's wire.

Instructions:

1. Enlarge the pattern, *left*, to size.

2. Transfer pattern for 24 leaves onto green lamé, using dressmaker's carbon. Transfer pattern for 4 roses onto each of the remaining fabrics.

3. Fold lamé in half, wrong sides together, with pattern side up; slip quilt batting between folds. Pin layers together outside the edges of the roses (so pin marks won't show).

4. Using thread darker than fabrics, straight-stitch lines within roses and leaves, working from the center outward. Then stitch outline of roses and leaves. Trim excess fabric and batting close to outside stitching lines.

5. Wrap the wreath form with 3-inch-wide strips of pink lamé; arrange leaves and roses on wreath; glue.

6. For a bow, sew two 4x30-inch strips of green lamé together, right sides facing. Leave an opening. Turn and tie into a bow; tack to wreath.

7. Cut roses and leaves from remaining fabric and stitch them together, following directions above. Slip a length of florist's wire into the base of each rose, add leaves as desired, and arrange into a bouquet.

CUDDLY STUFFED BEAR

To order a pattern, see page 32.

CROCHETED COLLAR AND GLOVES

To order free instructions for collar and two pairs of gloves, except 75¢ for postage and handling, see page 32.

FANCY FABRIC CUMMERBUND

Materials: Assorted dark-toned silks, satins, cottons, ribbons, and brocades; ¼ yd. muslin for backing; ¼ yd. solid-color fabric for cummerbund back; assorted pearl cotton, silk, and metallic threads; 1-inch-wide black elastic; clasp.

Instructions:

1. Draw a 19½x6¼-inch rectangle on brown paper for a master pattern. Draw curves along the long rectangle edges to form a lozenge shape. (Cummerbund ends are 2¼ inches wide.)

2. Cut 1 pattern piece from muslin; Cut assorted fabrics into odd-shaped

continued

continued

Christmas crafts

pieces; turn raw edges under. Pin fabrics to muslin; hand- or machine-stitch in place.

3. Define various fabrics by adding running and outline stitches to seams, using assorted threads. Decorate plain fabrics with French knots and other fancy stitches.

4. Cut 1 pattern piece from solid fabric for back. Place cummerbund front and back together, right sides facing. Stitch long edges using ½-inch seams, leaving narrow ends open for turning; turn; press.

5. Attach clasp to 2 lengths of elastic, adjusting to fit waistline. Insert and stitch opposite elastic ends into cummerbund sides.

FLORAL SACHETS

Materials: 4½-inch squares of muslin and calico; ½ yd. lace edging; purchased floral appliqué; embroidery floss; fiberfill or potpourri.

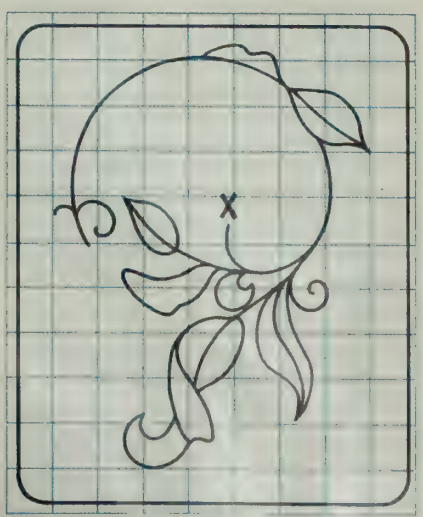
Instructions:

1. Referring to photo for ideas, stitch floral appliqué to muslin square. Embellish with embroidered stems, leaves, additional flowers, etc., using stitches and colors of your choice.

2. Baste lace trim around edge of muslin square, then sew muslin and calico squares together, right sides facing. Leave 1 edge open for turning. Turn, press, and stuff with fiberfill or potpourri mixture.

FLORAL PILLOW

Materials: Purchased floral appliqué; 4x5 inches of muslin or solid-color fabric that complements appliqué; 4x5 inches of iron-on interfacing; 20-inches of natural-colored piping; two 11-inch squares of calico; embroidery floss; fiberfill; dressmaker's carbon.



1 Square = ½ Inch

Instructions:

1. Enlarge pattern, *below left.*

2. Place muslin over enlarged pattern and pin purchased appliqué in place at the X. Trace outlines for additional embellishment, adapting the design to the purchased appliqué. For example, if appliqué is a rose, draw rose leaves along the tendril; if it is a chamomile flower, draw leaves like those in the pattern, etc.

3. Press iron-on interfacing to back of muslin before working embroidery.

4. Using outline, satin, and other simple stitches, embroider stems and leaves. Adapt embroidery colors to those in the purchased appliqué.

5. When embroidery is complete, cut out frame around embroidery, adding ½-inch seam allowance. Baste piping around edge of muslin. Turn raw edges under and baste insert to center of pillow front.

6. Stitch pillow front to back, turn, and stuff.

RIBBON HEART PILLOW

Materials: 42 yds. dusty rose ⅛-inch-wide ribbon; 12x12 inches each of iron-on interfacing and backing fabric; fiberfill; 11-inch square of heavy paper pins; cotton cable cord; 2½-inch-wide dyed lace for ruffle.

Instructions:

1. Fold 11-inch-square paper in half diagonally, and cut a pattern for the heart. Add ¼-inch seam allowance.

2. Place iron-on interfacing on ironing board. Pin eighty-four 12-inch strips of ribbon vertically, side by side, inserting pins at an angle into the ironing board cover at top edge of the ribbon only, through interfacing.

3. Weave forty-two 12-inch strips of ribbon horizontally, leaving ⅛-inch space between each horizontal strip. Pin at both ends.

4. Pin vertical strips at the bottom, place a press-cloth over weaving, and fuse ribbon to interfacing.

5. Place pattern on weaving *diagonally,* pin, and cut out. Topstitch ⅛ inch from the edge all around to hold ribbons in place. Cut back to match front. If desired, cover cable cord with additional backing fabric and baste to pillow front on seam line. Add lace ruffle; sew into a pillow.

FABRIC PINS AND BUTTONS

Materials: Scraps of embroidered or printed fabric (we used pieces of embroidered linen hand towel and handkerchief, an old piece of ribbon, lightweight upholstery fabric, etc.); metal buttons to cover, in various sizes (available in most sewing stores); scissors; needle-nose pliers; pin backs (available through craft supply stores); craft glue; lightweight cardboard; felt.

Instructions:

1. Select a button size that will best display the fabric pattern or embroidered motif you wish to use on your pin. Using pliers, remove the metal shank from inside the button top.

2. Following package instructions, cut a circle of fabric large enough to cover the button, leaving an ample margin of fabric to fold to the back of the metal form. For very fine fabrics, such as thin handkerchief material, cut an extra layer of plain white fabric to back the embroidered piece. Treat both layers of fabric as a single piece.

3. Stretch fabric over the button, carefully centering the pattern. Snap on the button's backplate. Cut and glue a circle of cardboard to the back of the button; top with a round of felt to give the pin a finished look. Finally, glue the pin back in place.

NEEDLEPOINT CHINA DOLL

To order free pattern and instructions, except 75¢ postage and handling, see page 32.

CROCHETED SHELF EDGING

To order free instructions, except 75¢ postage and handling, see page 32.

HAIRPIN LACE PILLOWCASE EDGING

To order free instructions, except 75¢ postage and handling, see page 32.

EMBROIDERED PILLOWCASES

To order a stamped kit for 2 pillowcases, see page 32.

Materials: One pair of purchased white pillowcases (see Note, *below*); embroidery floss in 2 shades of green (stems and leaves) and assorted colors (flowers); embroidery hoop and needle.

Note: Use 1 case for the design shown on page 81. As a special bonus we've included a full-size pattern for a second pillowcase design.

Instructions:

1. Enlarge diagram, *page 138,* for the

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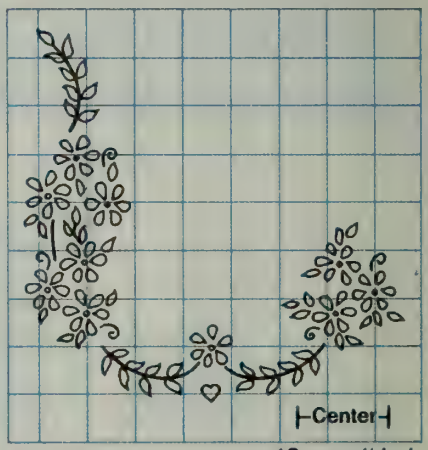
Christmas crafts

design shown on page 81, flopping the pattern to the right to complete the motif. Then flop the motif once again for a complete design. For the bonus design, simply flop pattern to the right.

2. Remove hems from cases and transfer designs to fabric, using dressmaker's carbon.

3. Using green floss, stitch leaves in featherstitch and stems in outline stitch. Embroider satin-stitch flowers and hearts. Flower centers and buds are French knots.

4. Re-hem pillowcases to finish.







hair (reddish brown), robe (blue), dress (pink), shoes and violin (brown), and skin (flesh).

Embroider facial features. Back with batting; embroider outlines through all layers. Appliqué calico accents.

3. Cut angel from wood, adding 2 inches to pattern outline. Pad wood with 2 layers of batting; mount angel over padded board, stapling excess fabric to back.

TURKEY WORK APRON AND SOFT-FRAME WALL HANGINGS

To order free patterns and instructions, except for 75¢ postage and handling, see page 32.

EMBROIDERED SLIPPERS

Materials: Purchased cotton, linen, or canvas slippers or soft shoes; pearl cotton embroidery thread; needle.

Instructions:

Sketch arcs across slippers as shown in photo. Embroider the design, using 2 strands of thread and simple stitches.

FRIENDSHIP PILLOWS

Materials: Scraps of muslin and calico; embroidery floss or pearl cotton; quilt batting; fiberfill; calico backing fabric.

Instructions:

1. Cut muslin and calico into 1½-inch squares (small pillow) or 2½-inch squares (large pillow). Stitch squares into a simple design (see photo for ideas).

2. Back pieced fabric (above) with batting. Stitch a sentiment or name in center of fabric, then quilt layers together along seam lines. Add calico sashing strips around square and stitch into a pillow.

MUSICAL ANGEL

To order a full-size pattern and instructions, see page 32.

Materials: 1½ yds. (44/45-inch-wide) off-white fabric; quilt batting; acrylic paints in yellow, pink, blue, reddish brown, and flesh; pearl cotton embroidery thread slightly darker than paint colors; paintbrush; gold embroidery thread; scraps of calico; 26x42 inches of plywood.

Instructions:

1. Enlarge pattern, *right*, and transfer to fabric.

2. Color the angel by mixing paints with water to consistency of cream. Add a light wash of color to wings (yellow),



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Why not bring home the holiday spirit with a gift for the whole household? To help you do just that, we've assembled a grab bag of delightful gifts to enhance every room in your house. Some were selected for reclining and relaxing; others for storing, stacking, or serving. All are quality home furnishings that your family will enjoy all year round.

ENTERTAINING IDEAS



➤This butler's chest contains three drawers, a divided felt top, pullout linen rack, and shelves to store everything from silver to stemware. Around $600 from *Stanley Furniture.*

◄Tuck your television away in this handsome pine dry sink with a wood-grained laminated top. The interior shelf adjusts to suit your storage needs. About $570 from *Ethan Allen.*



▲You can house your stereo in style with this sleek-lined cabinet. A smoked-glass door conceals shelves for turntable, amplifier, and albums. From *Pulaski,* around $250.



▼Who wouldn't want to while away leisure hours at this backgammon table? The mahogany tabletop flips open to reveal a vinyl game surface. Chippendale-style chairs provide seating. The table, about $360, and chairs, around $180 each, are by *Lane.* **Buying information, page 148**



▲Here's a mobile serving cart that serves your entertaining needs by going where your guests are. By *Peters-Revington;* about $250.



Photographs: Mike Dieter; Harry Hartman



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RELAX-IN RECLINERS



▲Your favorite Santa would love a seasonal snooze in this recliner. The low-profile seating unit with pop-up head and footrest is shown here in a nylon tweed fabric but is available in a variety of materials. About $450 from *Berkline.*



▼This handsome recliner offers curl-up-and-read comfort, and it's compactly designed so it doesn't gobble up floor space. The oak frame is trimmed in brass to give the chair a rustic look. The recliner retails for around $390 from *La-Z-Boy.*



▼Here's a high-leg recliner that's formal in design yet casual in purpose. The wing back and delicately turned legs are reminiscent of Queen Anne styling, but the seating unit reclines to TV and sleep positions to suit contemporary tastes. Under $400 from *Burris.*



◀Here's a transitional-style lounge chair that blends beautifully with any room, whether it is furnished in formal French or casual country pieces. The recliner adjusts to many positions to fit your family's needs, and its small-scale design offers maxi-comfort in mini-space. Around $400 from *Stratford,* a Div. of Mahasco. **Buying information, page 148**

Photographs: Mike Dieter, Harry Hartman

GIFTS FOR THE HOME

ARTFUL ACCENTS



▲ Here's a combination storage/accent piece that captures the essence of the Orient's finest furniture design. The compact storage unit is meticulously crafted of mandarin fruitwood and embellished with chinoiserie (delicately painted decoration). About $450 from *Drexel Heritage Furnishings.*

◀ This architect's style desk has a sturdy oak frame and a work surface that's ideal for hobbies or homework because it adjusts to any angle. Around $280 from *Burlington Furniture.*





◀ This finely detailed Sheraton writing table with a serpentine front and lovely brass gallery is an adaptation of a 19th-century design. Around $850 from *White of Mebane.*



◀ Corral favorite collectibles in this impressive oak curio cabinet with a bonnet top and glass door inserts. About $450 from *American Drew.*

▶ This mellow pine chest with a handcrafted country look stores everything from clothing to cookware. Under $300 from *Pennsylvania House.*

Buying information, page 148



Photographs: Mike Dieter, Harry Hartman

IF RISING FUEL COSTS MAKE YOU BLUE, THINK PINK.

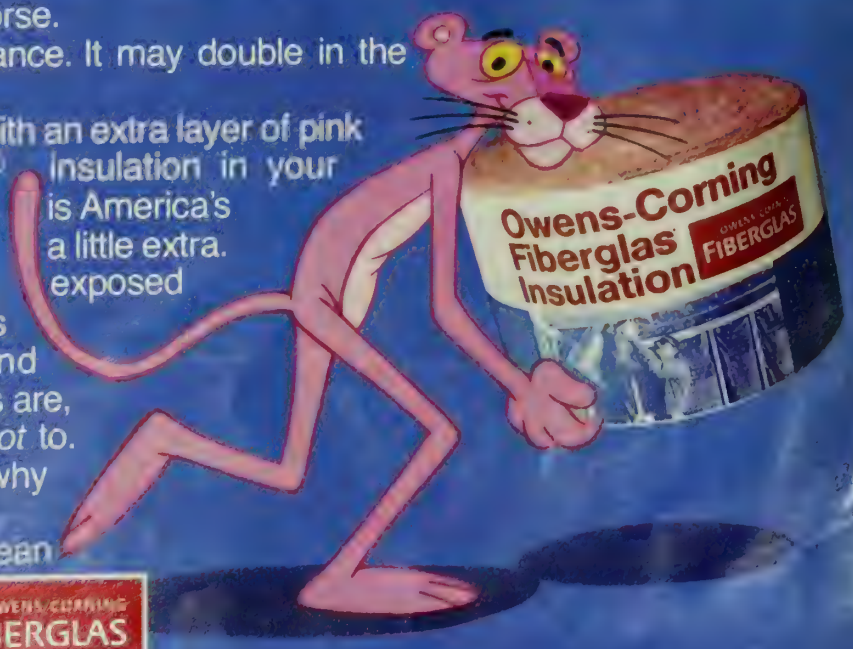
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OWENS-CORNING FIBERGLAS

*Source: Data Resources, Inc.

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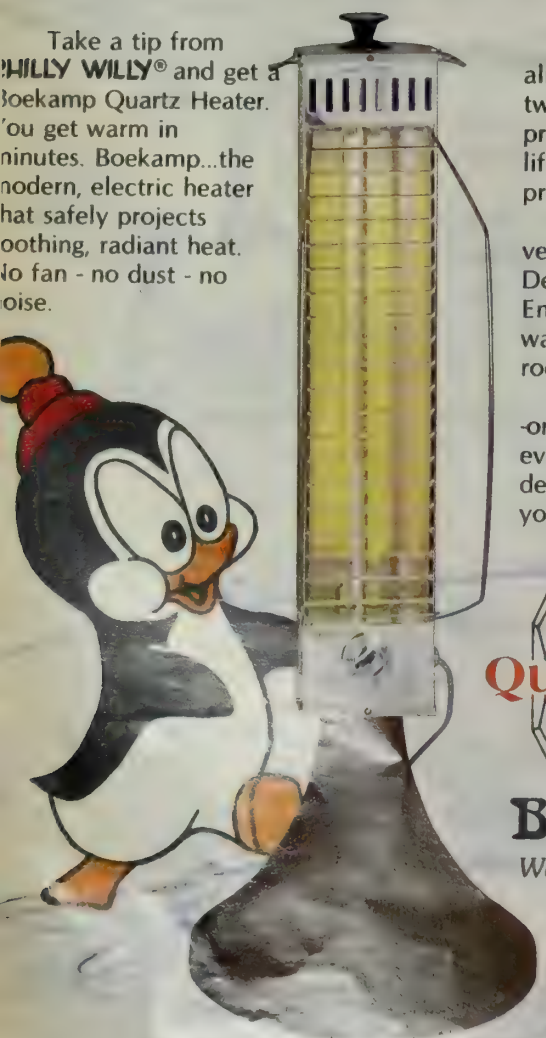
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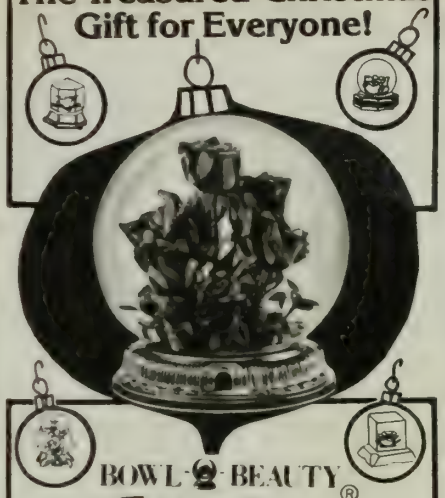
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Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.



100 WAYS TO MAKE YOUR CHRISTMAS MERRIER

Page 35: Oilcloth "Clara"—Fabrications, New York/Boston, 110 Gould St., Needham, MA 02194. Wooden shoes—Pella Historical Society, P.O. Box 145, Pella, IA 50219. Wrapping paper—Jillson & Roberts, 1260 Logan Ave., Costa Mesa, CA 92626. Ribbon—C. M. Offray & Sons, Inc., 261 Madison Ave., New York, NY 10016. Dress "Prairie Dress"—Folkwear patterns, Box 3798, San Rafael, CA 94902. Basket—Bachman's, 6010 Lyndale Ave., S., Minneapolis, MN 55419. Paper bags—Jillson & Roberts (address above). Paper plates and napkins—Party House, Inc., 5000 Baum Blvd., Pittsburg, PA 15213.

Pages 36-37: Wallpaper "Kukka" Marimekko—Motif Designs, 15 Beechwood, New Rochelle, NY 10801. Candy molds—Manhattan Ad Hoc, 842 Lexington, New York, NY 10021. Blouse "French Cheesemaker's Smock"—Folkwear patterns (address above). Ribbon—C. M. Offray (address above). Basket—Bachman's (address above).

Pages 38-39: Wooden candle holders—Conran's, 145 Huguenot St., New Rochelle, NY 10801. Braided rug—Mountain Rug Mills, P.O. Box 188, Arden, N.C. 28732. Wallpapers Marimekko—Motif Designs (address above). Name tapes—Names Unlimited, 3966 Shirley Dr., Atlanta, GA 30336. Ribbon—C. M. Offray (address above). Rubber stamps—Des Moines Stamp Manufacturing, 851 6th Ave., Des Moines, IA 50309. Tie patterns—Simplicity pattern #9253. Green sweater—The Talbots, 164 North St., Hingham, MA 02043.

Pages 40-41: Cat fabric "Copycat"—Fabrications (address above). Animal fabric "Couples"—Fabrications (address above). Cookie cutters—The Granary, 10871 N. Wolfe Rd., Cupertino, CA 95014. Wallpapers Marimekko—Motif Designs (address above). Baskets—Bachman's (address above). Braided rug—Mountain Rug Mills (address above). Ribbon—C. M. Offray (address above). Wrapping paper—Jillson & Roberts (address above). Tree—Martin Schmidt, 262 N.W. Miller Rd., Portland, OR 97229.

Pages 42-43: Ten-inch wooden plates—Conran's (address above). Seven-inch wooden plates—Homestead, 345 Main St., Dubuque, IA 52001. Hardanger cloth—Joan Toggitt, Ltd., 246 Fifth Ave., New York, NY 10001. Embroidery floss—DMC, 197 Trumbull St., Elizabeth, NJ 07206. Ribbon—C. M. Offray (address above). Wrapping paper—Jillson & Roberts (address above). Baskets—Bachman's (address above). Tree—Boomsite Tree Farm, 366 Wacouta St., St. Paul, MN 55101. Woven rug—Trans Ocean, Inc., 6 Harrison St., New York, NY 10013.

Pages 44-45: Oriental rug—A. Morjikian Co., Inc., 150 E. 58th St., New York, NY 10022. Wall covering, drapery fabric, and casement fabric "Lucinda" from Sturbridge Village Collection—Waverly Fabrics, Div. of F. Schumacher & Co., 58 W. 40th St., New York, NY 10018. China "Howard Spray"—Hammersly Bone China, Div. of Royal Worcester Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816. Upholstery fabric—F. Schumacher & Co., 939 Third Ave., New York, NY 10022. Sheer lace curtain fabric "Rainy Days"—Waverly Fabric (address above). Cabinet hardware—M. Wolchonok & Son, Inc., 155 E. 52nd St., New York, NY 10022. Embroidery floss—DMC (address above). Hardanger

cloth—Joan Toggitt, Ltd. (address above). Soft antique baskets—Soft Antiques, 43 Main St., P.O. Box 1826, Orleans, MA 02653. Wrapping paper—The Family Line, 804 Burr Oak Dr., Westmont, IL 60559. Ribbon—C. M. Offray (address above). Musical instrument ornaments—Gilmore's Flowers and Things, 12230 S. Saratoga Sunnyvale Rd., Saratoga, CA 95070.

Page 73: Wrapping paper—Hallmark Cards, Inc., Kansas City, MO 64141. Gold trim—Wm. Wright Co., One Penn Plaza, New York, NY 10001. Santa suit—Butterick pattern #5103.

Pages 74-75: Blouse "Gibson Girl"—Folkwear (address above). Wrapping paper—Hallmark (address above). Gold and eyelet trims—Wm. Wright Co. (address above). Soft antique baskets—Soft Antiques (address above).

Pages 76-77: Lace for jabot—Wm. Wright Co. (address above). Dress pattern Little Miss Vogue #1877. Ribbon—C. M. Offray (address above). Blouse "Gibson Girl"—Folkwear (address above).

Pages 78-79: Wrapping paper—Hallmark (address above). China "Royal Garden"—Royal Worcester Spode (address above). Thread for crocheted gloves and collar—American Thread, High Ridge Park, Stamford, CT 06905. Ribbon for tablecloth—C. M. Offray (address above). Silverware "Golden Modern Baroque"—Oneida Silversmiths, Ltd., Oneida, NY 13421. Rose fabric for napkin "Déjeuner al fresco"—Abraham-Zumsteg, Inc., 979 Third Ave., New York, NY 10022.

Pages 80-81: Floral appliqués—Streamline Button Co., 234 W. 39th St., New York, NY 10018. Embroidery floss—DMC (address above). Soft antique baskets—Soft Antiques (address above). Ribbon for heart pillow—C. M. Offray (address above). Thread for crocheted edgings—Coats & Clark, 75 Rockefeller Plaza, New York, NY 10019. Tins—Bachman's (address above). Quilt animals—Wild Goose Chase Quilt Gallery, 526 Dempster St., Evanston, IL 60202. Dresses "Croatian Shirt" and "Prairie Dress"—Folkwear patterns (address above).

Pages 82-83: Pearl cotton thread—DMC (address above). Dress "Calico Day Dress"—Folkwear patterns (address above). Embroidery floss—DMC (address above). Fabric paint "Shiva"—Artists Colors, Inc., Tenth and Monroe Sts., Paducah, KY 42001.

PUT ON A FESTIVE BUFFET

Page 88 (left): Wood board—Sassafras Enterprises, P.O. Box 465, Evanston, IL 60204.

Page 89 (right): Punch bowl—West Virginia Glass Co., Drawer 510, Weston, WV 26452. Wood board plate—Rosenthal-Studio Haus, 584 Fifth Ave., New York, NY 10036. Rectangular platter—Quon-Quon, 2801 E. 12th St., Los Angeles, CA 90023. Round plate "The Sand Dollar"—Franciscan Ceramics Inc., 2901 Los Feliz Blvd., Los Angeles, CA 90039.

Page 91: Plate—Rialto Products, Inc., 61-65 Green St., Brooklyn, New York 11222. Spatula—Cookstore Culinary Wares, 8634 Sunset Blvd., Los Angeles, CA 90069. Rectangular platter—Rosenthal-Studio Haus, 584 Fifth Ave., New York, NY 10036. Mugs, saucers—Fitz & Floyd, 1371 Round Table Dr., Dallas, TX 75247.

PRIZE TESTED RECIPES

Page 113 (left): Glasses—Riekes-Crisa Corp., 1818 Leavenworth, Omaha, NE 68102. (Right): Serving spoon "American Colonial"—Oneida Silversmiths, Kenwood Station, Oneida, NY 13421.

Page 114 (left): Knife, fork, spoon "England"—Denby Ltd., Inc., 51 Madison Ave., New York, NY 10010. Place mat—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640. Goblet "Woodland"—Fostoria Glass Co., 1200 First St., Moundsville, WV 26041. Plate "Madrigal"—Denby (address above). (Left center): Casserole—Pfaltzgraff Co., 140 E. Market St., York, PA 17401. (Right): Baking dish—Pfaltzgraff (address above).

GIFTS FOR THE HOME: ENTERTAINING IDEAS

Page 140 (top left): Stereo cabinet—Pulaski Furniture Corp., 353 Lexington Ave., New York, NY 10016. Turntable—The Magnavox Co., 345 Park Ave., New York, NY 10022. Amplifier, tape deck—Sony Corporation of America, 9 W. 57th St., New York, NY 10019. Clown pajama bag, candlesticks, candles—Conran's, 145 Huguenot St.,

continued



Regular: 12 mg. "tar", 1.0 mg. nicotine; Menthol: 10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report Dec. '79.



continued

Buying guide

New Rochelle, NY 10801. (Lower left): Mobile serving cart—Peters-Revington, Div. of Mohasco, 261 Madison Ave., New York, NY 10016. Silver service—Lunt, 298 Federal St., Greenfield, MA 01301. Cups—Spode, Royal Worcester Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816. (Top right): Butler's chest—Stanley Furniture Co., Stanleytown, VA 24168. (Center right): Dry sink—Ethan Allen, Inc., Ethan Allen Dr., Danbury, CT 06810. (Lower right): Backgammon table, chairs—The Lane Company, Inc., Altavista, VA 24517.

RELAX-IN RECLINERS

Page 143 (top left): Low-profile recliner—The Berkline Corp., One Berkline Dr., Morristown, TN 37814. (Lower left): Lounge chair—Stratford Co., Div. of Mohasco Co., 666 N. Lake Shore Dr., Chicago, IL 60611. (Top right) High-back recliner—La-Z-Boy Chair Co., 1284 N. Telegraph Rd., Monroe, MI 48161. (Lower right) Exposed-leg recliner—Burris Ind., Lincolnton, NC 28092.

ARTFUL ACCENTS:

Page 144 (top left): Storage unit—Drexel-Heritage Furnishings, Drexel, NC 28619. (Lower left): Curio cabinet—American Drew, 1101 D St., P.O. Drawer 489, North Wilkesboro, NC 28659. Figurines in cabinet—Cybis, 65 Norman Ave., Trenton, NJ 08618. (Upper right): Architect's style desk—Burlington Furniture, P.O. Box 907, Lexington, NC 27292. Chair—Conran's (address above). Print—Poster Originals, Ltd., 924 Madison Ave., New York, NY 10021. (Center right): Sheraton writing table—White Furniture Co., Center St., Mebane, NC 27302. Silverplate bud vase and tray—Oneida Silversmiths, Oneida, NY 13421. (Lower right): Chest—Pennsylvania House, 11th St., Lewisburg, PA 17837.

DESIGNER CREDITS

Page 35: Candle tree and alphabet candle holders—Don Wipperman. Ruffled wreath—Ciba Vaughan for Hearts and Minds Designs. Woodburned shoes—David Ashe for the Design Concern. Shaker box with candles—Carole Austin.

Pages 38-39: Overalls, name tape stocking, fabric bags, and name tape ornaments—Vaughan. Bunting and place mats and napkins—Marilyn Snyder. Wrapping paper—Caroline Levine. Greeting cards and head scarves—Ellen Morello. Stamped muslin dolls and ornaments, stamped neckties, and embroidered sweater—Jill Mead.

Pages 40-41: Wooden horse and dinosaur toys—Ashe. Ready-made wrappings—Vaughan. Cat ornaments—Morello. Stuffed animals—Snyder. Woodburned crèche—Becky Jerdee.

Pages 42-43: Primitive doorstops, woodburned duck decoys and plates, fish decoys, and wooden wreath with birds—Ashe. Peasant dolls—Jerdee. Graph paper wrappings and cross-stitched hand towels—Laura Holtorf. Wooden dolls—Judy Brown.

Pages 44-45: Furniture and set design—Suzy Taylor. "Home Sweet Home" sampler, needlepoint pillow, and embroidery design on dress—Holtorf. Hankie tablecloth and napkins—Snyder.

Page 73: Toy soldiers—Phyllis Dunstan.

Pages 74-75: Tie vest—Corabelle Hutcheson. Ribbon-trimmed blouse and patchwork skirt—Vaughan. Crocheted satin balls and mirror ornaments—Sara Jane Treinen. Lamé heart ornaments—Janet Harrington. Lace ball ornaments—Margot Carter Blair.

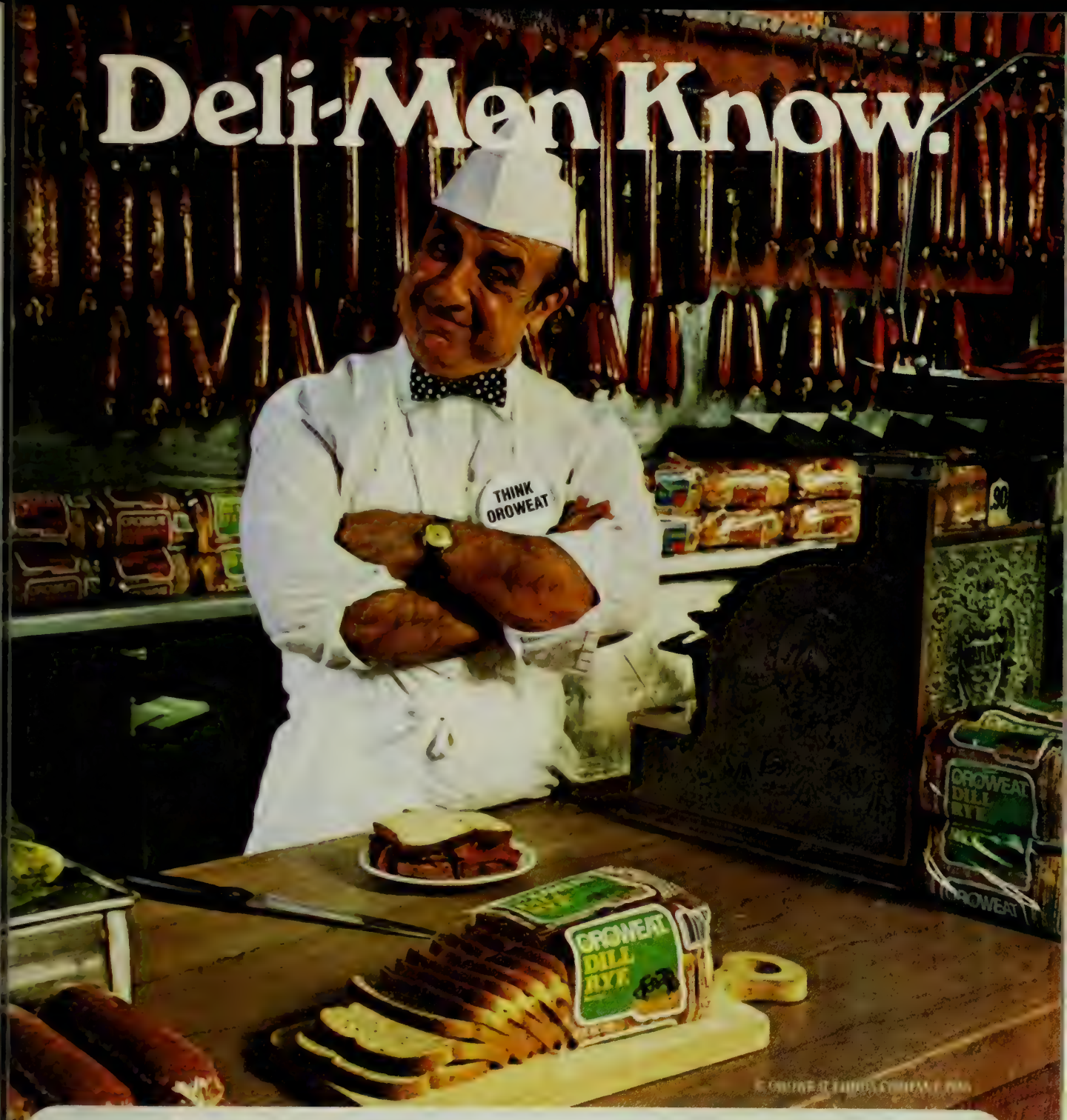
Pages 76-77: Tie vest—Maria da Conceicao. Tie pillows—Joyce Kuhar. Tie stocking—Vaughan. Lacy dickey—Connie Lidster.

Pages 78-79: Lamé roses—Harrington. Rose wreath—Lidster. Doily wreath—Mead. Sampler stocking, tie wreath, tie ornaments, and sampler doll—Vaughan. Cummerbund—da Conceicao. Ribbon-trimmed tablecloth—Snyder.

Pages 80-81: Floral pillows—Jerdee. Floral sachets and heart pincushions—Mead. Friendship pillows and fabric buttons—Vaughan. Embroidered pillowcases—Holtorf. Needlepoint china doll—Shelley Thornton. Ribbonpoint pillow—Terri Shea.

Pages 82-83: Angel—Thornton. Name pillows—Vaughan. Embroidered slippers—Mead. Wall hangings—Morello.

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1980 Has Finally Arrived!

Quick, before it's gone, celebrate the 1980 vintage with Sebastiani Vineyards *Nouveau* Gamay Beaujolais.

This age-old French custom of "previewing the harvest" has been an American tradition since 1972, when my father, August Sebastiani, released the first American Nouveau.

While our other premium red wines spend years in selected woods and in the bottle, Nouveau is released within weeks of the harvest. This unique and altogether delicious wine is dry, fresh and full of fruit – a wine to be enjoyed in its youth. Nouveau may be chilled slightly and served as an aperitif or luncheon wine.

If the Nouveau is good, the harvest is judged a success. I'm sure you'll agree that 1980 will be a very good year.

Sam J. Sebastiani

Sam J. Sebastiani

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VINEYARDS
EST. 1825

P.O. Box AA Sonoma CA 9[illegible]

Easy-Sew Nursery Organizers

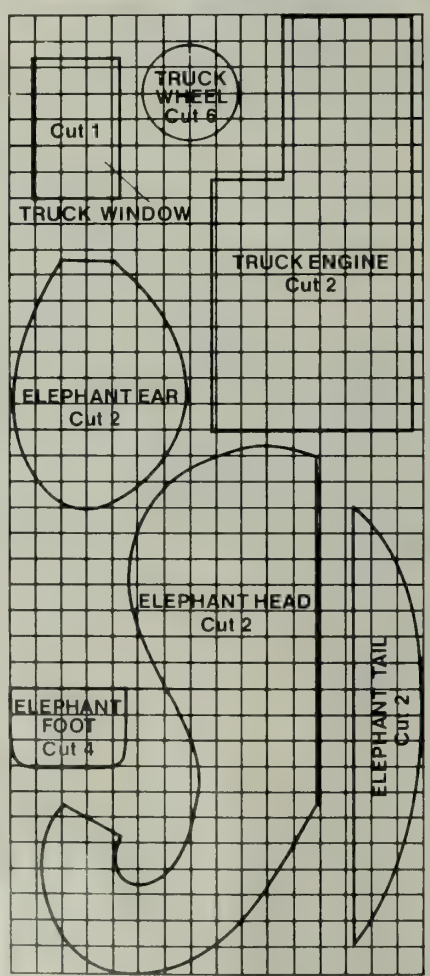
Brighten your baby's nursery and minimize clutter with these cheerful fabric organizers. The pockets store shoes, diapers, and other paraphernalia. You'll find all the how-to *below*.



Designs: Judy Williamson



Photographs: Mike Dieter



1 Square = 1 Inch

To make the elephant, you'll need ⅓ yard of printed fabric for the head, tail, and feet; a piece of solid-color fabric for the ear; ⅔ yard of fabric for the backing and pockets; polyester fiberfill; rickrack; and a wooden dowel.

For the truck, you will need ⅓ yard fabric for the engine; ½ yard of fabric for the pockets; ⅓ yard of fabric for the backing; fabric scraps for window and wheels; stuffing; two dowels.

Enlarge the patterns, *left*, adding ½-inch seam allowances to each piece. Trace the shapes onto fabric and cut.

Appliqué the window to the engine piece; then, with right sides facing, stitch the front and back pieces together, leaving a small opening. Trim seams, turn right side out, and stuff lightly. Slip-stitch the opening. Repeat for wheels, elephant head, tail, and feet.

Stitch the ear pieces together but do *not* stuff. Turn the ear right side out and trim. Tack the ear in place.

Cut two 11½x23-inch backings; turn and press the edges under ¼ inch. Turn edges another ⅜ inch and stitch.

Cut a 6x16-inch piece of fabric for the pockets and press the edges under ¼ inch on all sides. Machine-stitch a ½-inch hem along the top edge. Pin and baste pleats along the sides and down the middle and place the fabric on the backing, stitching the side and center seams to make 2 pockets. Sew the bottom edge to the backing fabric.

Make three rows of pockets for each wall hanging.

For casings, turn the top and bottom edges under 1 inch and stitch.

For the elephant, stitch head, tail, and feet to backing and insert dowel. For the truck, attach wheels and engine to backing and insert dowels.



Look twice at this roof.

Once for Beauty.

Look once at this asphalt roof for its eye appeal—
ne beauty of its soft, muted colors. Look carefully
the thick, irregular shingle edges, and the deep
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Now look at this asphalt roof for the sense it makes. You're looking at exceptional durability, at superior fire resistance. You're looking at economy, and fast, easy installation. These handsome shingles, some made with fiberglass, come in many colors. Whether you're building from scratch or re-roofing, choose these new asphalt shingles. Your home will look smart, and so will you!

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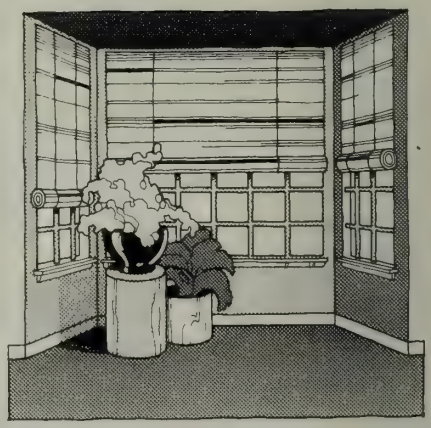
How to Beautify a Bay Window

Nine times out of ten, a bay window gets the conventional treatment: floor-to-ceiling draperies. If you'd like to break away from the typical bay, here are two pleasing ways to do it.



Drawings: Hellman Design Associates, Inc.

If absolute privacy isn't necessary, you can give your bay window a distinctive look with three spring roller shades. Don't fit the shades exactly to the size of the window—make them narrower, shorter, and/or longer. Hang the middle shade off-center, for example. For an Oriental effect like this one, cut a circle from one of the shades.



Simple roll-up split bamboo blinds make an ideal cover-up for a mediocre view, and they suit both contemporary and traditional room schemes. Or, you may prefer matchstick blinds, the narrower version of bamboo. Either type gives almost complete privacy, and also filters light for a plant collection. BH&G

From our Private Collection



This Christmas, give a gift that won't last.

Opera Nut Creams

2 cups C and H Granulated Sugar
3/4 cup heavy cream
1/2 cup milk
1 tablespoon light corn syrup
1/8 teaspoon salt
1 teaspoon vanilla
3/4 cup chopped walnuts
1 package (6 oz.) semi-sweet chocolate pieces, melted

Combine sugar, cream, milk, corn syrup and salt in a 4-quart sauce pan. Mix well. Bring to a boil on medium heat. Place thermometer in mixture and cook to 236 degrees (soft ball stage). Remove from heat and cool to 110 degrees (lukewarm) *without* stirring. Beat in vanilla until mixture loses its gloss. Add nuts. Spoon into buttered 8-inch square pan. Cool to firm. Spread chocolate over top. Cool until firm and cut in squares. Garnish as desired with nuts, fruits. Makes about 50 pieces, 2 pounds.

For recipes of additional holiday candies and delicious cookies, send a self-addressed stamped envelope to: "Sweet Occasions," C and H Sugar Kitchens, 1 California Street, San Francisco, CA 94106.



Crystallized Nuts

1 1/4 cups C and H Golden Brown Sugar, packed
1/4 cup cream
1 tablespoon butter or margarine
1/2 teaspoon cinnamon
1/8 teaspoon salt
1 teaspoon vanilla
2 cups whole almonds

Combine sugar, cream, butter, cinnamon and salt in 2-quart sauce pan. Mix well. Bring to boil over medium heat. Place thermometer in mixture. Continue cooking to 244 degrees (firm ball stage), stirring constantly. Remove from heat. Add vanilla and nuts. Continue stirring until candy grains on nuts. Spread on cookie sheet to cool. Makes about 1 1/4 pounds.

C and H Pure Cane Sugar from Hawaii

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Just look at all those crunchy, chewy kernels. They're cracked berries of naturally delicious whole grain. You'll see them in every slice of Oroweat. Honey Wheat Berry bread.

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You can also get Sprouted Wheat, with plump, rich kernels that were nurtured till they started growing shoots. Or Royal Raisin & Nut, which is loaded with raisins and chunks of walnut.

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For a free recipe booklet, write: Hiram Walker Cordials, Dept. DA, P.O. Box 33006, Detroit, Mich. 48232.

Amaretto Crema Liqueur, 50 Proof. Hiram Walker & Sons, Inc., San Francisco, Calif.

Bathroom Climate Control

Have you ever poked your head out of the shower door and been greeted by an onslaught of stale-smelling, murky air? Then it's time to consider installing an exhaust fan. Proper ventilation will make the bathrooms smell fresher and feel more comfortable. In addition, removing excess moisture will help prevent destructive mildew and rust.

What happens if you don't ventilate?

Nothing good, that's for sure. Usually, mildew soon forms on grouting, paint peels, and bathroom fixtures rust. But there's more! The condensation created by moisture also reduces the effectiveness of insulation and may damage ceilings, rafters, beams, even the roof.

Which bathrooms need venting?

Although most people think only bathrooms with showers require fans, actually all bathrooms do. This is especially true today, as bathroom windows often are kept closed for privacy or temperature control.

What to look for in a ventilator

The Home Ventilating Institute and the U. S. Department of Housing and Urban Development recommend that bathroom fans be capable of changing the air at least eight times per hour. To put this formula into perspective, consider this example: Say your bathroom measures 6x9 feet and has eight-foot-high ceilings. Simply multiply the floor area (54 square feet) by 1.07 (the factor used to determine cubic feet per minute). Then round off the result (57.8) to the nearest CFM. You need a fan with a 58 CFM rating.

Besides ensuring that the fan is big enough to do the job, you'll want to make sure that the unit is quiet enough. Look for a noise level rating of 6.5 sones or less. This rating and the CFM rating should appear on the product's nameplate.

What's available in bathroom ventilators?

Unlike the units of a few years back, today's models can serve several functions at the flip of a switch. Fan/heaters, fan/lights, and fan/heat/light combinations all are available. Cleverly disguised in attractive ceiling or wall units, these fixtures add decorative accents as well.

How to get best performance

When installing the fan, place it high on the wall or on the ceiling opposite the incoming air supply (usually under the door). This way, the air will sweep through the room, removing excess humidity, heat, and odors.

When operating the unit, be sure to keep the bathroom door closed. This prevents hot, moist air from penetrating the rest of the house.

Make it low cholesterol. Make it with Saffola®.

ALMOND FISH FILETS

1 lb. fish filets
4 Tablespoons Saffola margarine
½ cup sliced almonds
1 stalk green onion, minced

Melt 2 Tbsp. margarine in frying pan. Sauté almonds until golden. Remove almonds from pan. Melt rest of margarine in pan. Add fish filets. Cook over medium heat on one side, then the other until fish is tender. Remove to serving platter. Top with almonds and green onion. Serves 4.

Saffola contains light, delicious safflower oil. Which has more beneficial polyunsaturates than corn oil. And absolutely no cholesterol.

Saffola®
Enjoy it to your heart's content.



Baking With Potatoes

Besides being a plentiful and economical vegetable, the versatile potato is a great baking ingredient. You'll see for yourself when you try potatoes in these easy whole wheat buns and delicious desserts. No one will guess how you get such moist and tender results.



WHEAT-POTATO BATTER BUNS

- **1 medium potato, peeled and cubed**
- **1¼ cups water**
- **1½ cups whole wheat flour**
- **1¼ cups all-purpose flour**
- **1 envelope active dry yeast**
- **¼ cup sugar**
- **2 teaspoons salt**
- **¼ cup cooking oil**
- **1 slightly beaten egg**
- **1 tablespoon water**
- **Sesame seed**

In saucepan cook potato, covered, in the 1¼ cups water 12 to 15 minutes or till tender; *do not drain.* Mash potato in cooking liquid. Add enough water to make 1½ cups potato mixture. Cool to room temperature. In large mixer bowl combine the whole wheat flour, *¼ cup* of the all-purpose flour, the yeast, sugar, and salt. Add potato mixture and oil. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand stir in remaining all-purpose flour. Cover and let rise in warm place till double (about 1 hour). Stir down batter; let rest 5 minutes. Divide batter among 12 greased 2½-inch muffin cups. Cover and let rise till nearly double (about 30 minutes). Stir together egg and the 1 tablespoon water; brush over rolls. Sprinkle with sesame seed. Bake in 400° oven about 18 minutes or till done. Remove from pans; cool on wire racks. Makes 1[illegible]



SOUTHERN OATMEAL BARS

- **½ cup butter *or* margarine**
- **½ cup packed brown sugar**
- **½ teaspoon vanilla**
- **1 cup quick-cooking rolled oats**
- **¾ cup all-purpose flour**
- **2 tablespoons wheat germ**
- **¼ teaspoon salt**
- **¼ teaspoon baking soda**

• • •

- **1 slightly beaten egg**
- **1 cup mashed cooked sweet potatoes**
- **⅔ cup *sweetened condensed* milk**
- **1 teaspoon pumpkin pie spice**
- **½ teaspoon finely shredded orange peel**
- **¼ cup chopped walnuts**

In mixer bowl beat butter or margarine, brown sugar, and vanilla till light. Combine rolled oats, flour, wheat germ, salt, and baking soda; stir into butter mixture till crumbly. Pat ¾ of mixture (about 1½ cups) into bottom of a 9x9x2-inch baking pan. Bake in 350° oven 10 minutes. Meanwhile in a medium bowl beat together egg, sweet potatoes, condensed milk, pumpkin pie spice, and orange peel; pour over baked layer in pan. Combine nuts with remaining crumbs; sprinkle over top. Bake in 350° oven for 25 to 30 minutes or till golden. Cool; cut into bars. Makes about 2½ dozen.



Photographs: Dieter

CHOCOLATE-POTATO CAKE

Instead of glazing the cake, you can sprinkle it with powdered sugar—

- **2 medium potatoes, peeled and cubed**
- **1 cup butter *or* margarine**
- **2 cups sugar**
- **1 teaspoon vanilla**
- **4 egg yolks**
- **2 cups all-purpose flour**
- **½ cup unsweetened cocoa powder**
- **1 tablespoon baking powder**
- **¾ cup milk**
- **4 egg whites**
- **1 recipe Rum Glaze**

Cook potatoes, covered, in boiling salted water for 12 to 15 minutes; drain and mash (do not add butter or seasonings). Measure 1 cup mashed potatoes; cool. In mixer bowl beat butter or margarine, sugar, and vanilla on medium speed of electric mixer till well combined. Add egg yolks, one at a time, beating well after each addition. Add potatoes; mix well. Stir together flour, cocoa, and baking powder. Add to potato mixture alternately with milk, beating just till combined. Wash beaters thoroughly. Beat egg whites till stiff peaks form; fold into flour mixture. Turn into greased and floured 10-inch tube pan. Bake in a 350° oven 1 to 1¼ hours. Cool in pan 10 minutes. Invert on wire rack; cool. Frost with *Rum Glaze:* Combine 2 cups sifted *powdered sugar,* ¼ teaspoon *vanilla or rum extract, and* dash *salt.* Add about 4 tablespoons *milk* to make icing of drizzling consistency. Garnish with *walnut halves,* if desired.





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A Basement "Corner Drugstore"

This family room features a soda fountain that's about as authentic as it can get. The fountain actually has an ice cream freezer and flavoring dispensers for producing real drugstore treats.





Photographs: Harry Hartman. Design: The Plummer Co. Field editor: Ruth L. Grencl

The basement family room is built around antiques and special old items these homeowners have collected. The custom-designed oak surround looks authentically old and a piece of antique beveled glass, attached to the ceiling, sets the whole area off. The fountain is topped with marble; an antique brass bar forms the footrest.

In the corner along a brick wall, an old fountain booth (recycled from a commercial installation), still bears the carvings of yesterday's teen-agers. BH&G

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Speedy Entrée From a Pressure Pan

Dust off the pressure cooker and find out how Grandmother could whip up delightful main dishes with speed and ease. In just 30 minutes this stunning roast is done—complete with an unbeatable simmered-in flavor.



Photograph: Dieter

SAVORY ITALIAN BEEF

Serve the roast and gravy with mashed potatoes—

- **1 3½- to 4-pound beef chuck pot roast**
- **2 tablespoons cooking oil**
- **1 cup water**
- **1 8-ounce can tomato sauce**
- **½ cup dry red wine**
- **1 carrot, finely chopped (½ cup)**
- **1 3-ounce can chopped mushrooms**
- **1 tablespoon instant minced onion**
- **1 teaspoon salt**
- **1 teaspoon instant beef bouillon granules**
- **1 bay leaf**

• • •

- **¼ cup cornstarch**
- **½ cup cold water**
- **Parsley**

In 6-quart pressure cooker brown roast in hot oil. Combine the 1 cup water, the tomato sauce, wine, carrot, *undrained* mushrooms, onion, salt, bouillon granules, and bay leaf; pour over meat. Be sure meat or liquid do not go over ⅔-full line on cooker. Close cover securely. Place over high heat to bring pressure up to 15 pounds; adjust heat so pressure regulator rocks gently. Cook 30 minutes with gauge rocking gently. Remove from heat; bring pressure down quickly by running cold water down outside of cooker, taking care not to run water over regulator. When steam no longer escapes after regulator is tilted, remove regulator, then lid. Remove meat from pan to platter; keep warm. Skim fat from pan juices. Blend cornstarch and the ½ cup cold water; stir into pan juices. Cook and stir till bubbly; serve with meat. Garnish with parsley. Makes 6 servings.

YOU DON'T BUY A ROOF OFTEN ENOUGH TO GET VERY GOOD AT IT.

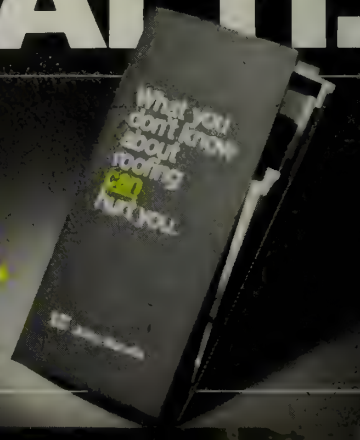
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HOW TO BORROW $50,000.

If you've been thinking of borrowing a lot of money, you need one of two things: a rich uncle or your own home.

And unfortunately, rich uncles have always been in short supply.

However, if you do own your own home, you've probably been congratulating yourself on your wise investment. Most home prices have been increasing at an average of 14% a year. And in many areas of the country, that figure is considerably higher.

So you do have an excellent source of money. The question is, how do you get your hands on it without having to sell your home?

Start with pencil and paper.

First figure out just how much equity you have. Equity is the amount of money you'd actually walk away with if you sold your home and paid off your mortgage. It's a combination of your original down payment, any principal you've paid off, and the amount your home has increased in value.

So the more your home's gone up in value, the more equity you have.

Just write down an estimate of how much you could get for your home if you sold it today. Check newspaper real estate ads or ask neighbors what similar homes in the area have sold for.

Then subtract the amount of money you still owe on your home. You can get this information from your last mortgage statement.

The amount you have left over is your equity. And chances are, it's a pretty impressive figure.

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This is where we come in. With an HFC Equity + Loan, you could borrow as much as $50,000,* depending on your equity. At competitive rates.

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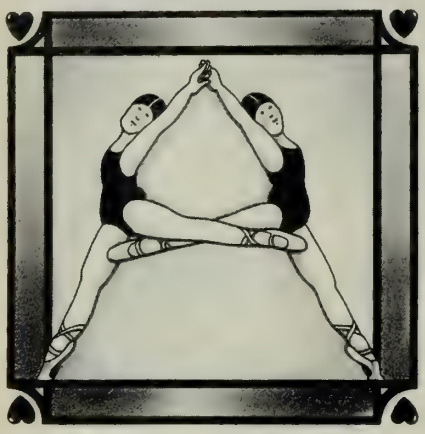
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Schools for the Crafty







Would you love to spend uninterrupted hours working at a potter's wheel or creating an original tapestry? You can do just that by vacationing at one of the many well-established craft schools throughout the country. And considering the high cost of other vacation possibilities these days, the "tuition" is a bargain.

To find out more about "learning vacations," send for catalogs from the schools that interest you—and do it as soon as possible. Most of these schools provide concentrated instruction, lodging, and meals at one price. Some of the well-known schools are listed below along with course descriptions.

Chautauqua Institution
Chautauqua, NY 14722

Founded in 1874, Chautauqua Institution offers workshops in music, art, dance, theater, and creative writing to beginners and experts alike. Special interest courses in bonsai, archaeology, and interior design also are available. The school is located in a 700-acre lakeside community.

Thousand Islands Museum Craft School
Clayton, [illegible] 13624

Heritage crafts like quilting, duck decoy carving, rug hooking, and glass painting are the specialty at this Eastern craft school, located near a popular vacation area. The classes are taught by qualified professionals and meet for a week at a time.

Truro Center for the Arts
Box 756
Truro, MA 02666

The Truro Center offers classes in Japanese flower arranging and wood carving as well as many other crafts and skills. The size of each class is small to ensure personal attention.

Elsa Williams School of Needlework
West Townsend, MA 01474

This school of needlework is located in a 19th-century house that once belonged to painter Winslow Homer and is dedicated to improving embroidery and textile skills. Intensive one-week sessions are taught by some of the world's finest stitchers with emphasis on craftsmanship and quality.

Big Creek Pottery
Davenport, CA 95017

Located in the Santa Cruz mountains just south of San Francisco, this pottery school is well equipped and well staffed for beginning and advanced potters alike. The school attracts many professional ceramists who teach some of the special workshops throughout the year. Students are encouraged to explore their own interests and develop their own styles.

Factory of Visual Arts
4669 Sunnyside North
Seattle, WA 98103

This school offers classes in ceramics, textiles, jewelry, photography, and printmaking, and has its own ballet and opera companies, which are open to students of all ages and abilities. Semester-long classes are available as well as weekend workshops.

Sitka Center for Art and Ecology
Star Route, Box 76
Neskowin, OR 97149

The Sitka Center offers many unusual summer courses, including paper making, pottery, biology, and ballads. Classes are designed to increase one's awareness of nature and to stimulate creative response. Included in the schedule are concerts, films, and lectures throughout each session.

Fiberworks
Center for the Textile Arts
1940 Bonita Avenue
Berkeley, CA 94704

Fiberworks offers classes in everything from tatting to weaving, with special emphasis on textile arts. Some of the classes include flag making, Indonesian textiles, and felt clothing. Lectures, gallery shows, and tours are included in the price of tuition.

Penland School of Crafts
Penland, NC 28765

The rustic North Carolina mountains provide a perfect setting for this 50-year-old craft school which has grown and developed to include classes in weaving, glassblowing, graphics, batik, vegetable dyeing, macrame, and woodworking. The school's 360 acres hold 40 craft buildings.

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Fireside Built-Ins

The little benches flanking this fireplace do more than enhance the room and provide cozy seating at party time. They also have drawers for storing bulky items.

Although the wall sections you see here were angled outward during a whole-house remodeling, you needn't alter any walls to add similar built-ins. Benches like these can be fitted into corners of almost any shape, provided there is sufficient depth to make the drawers serviceable.

The bench sides nearest the fireplace were constructed perpendicular to the rear wall, leaving a V-shaped gap between each bench and the fireplace. Each of those gaps is filled with a triangular box which serves as a miniature cocktail table.

Oak panels behind the benches allow guests to sit back and relax without fear of smudging the walls.



Photographs: Ross Chapple. Architect: Deborah Libby Chemers. Field editor: Eileen A. Deymier

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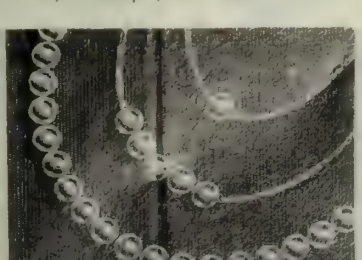
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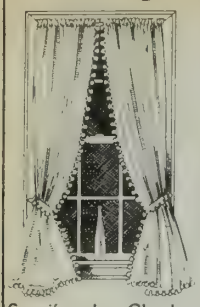
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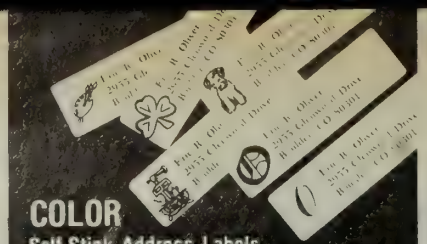


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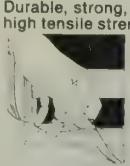
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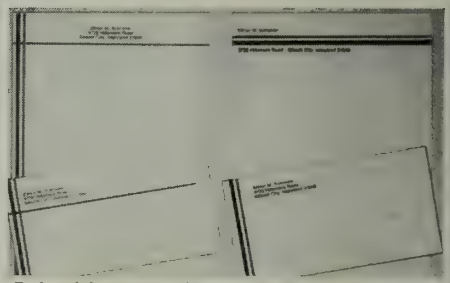
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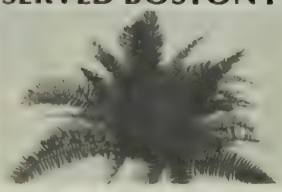


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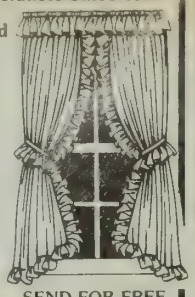
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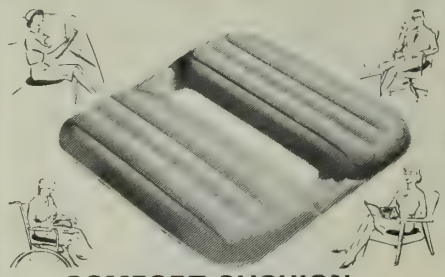
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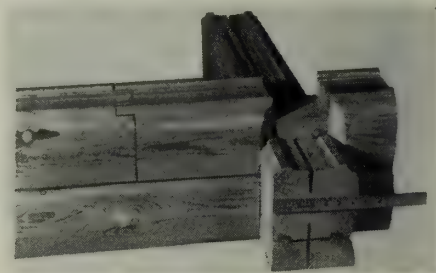
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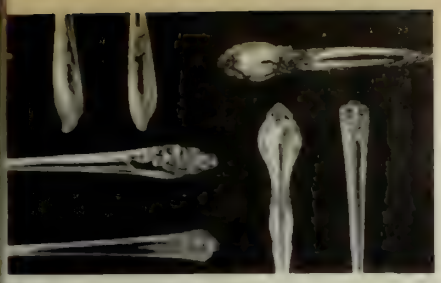
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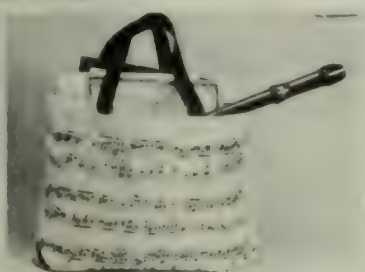
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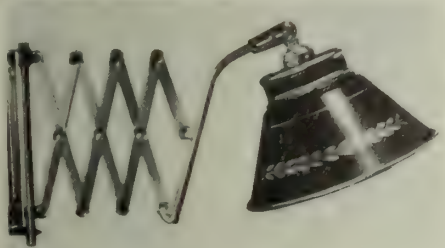
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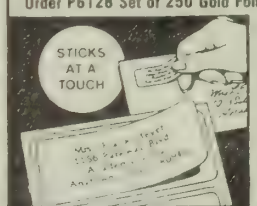
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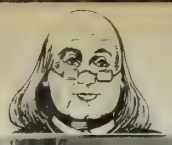
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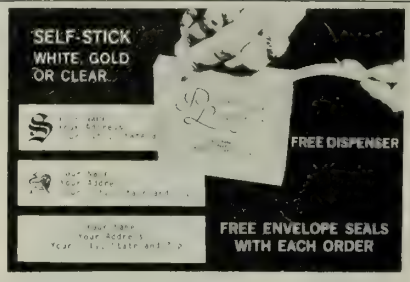


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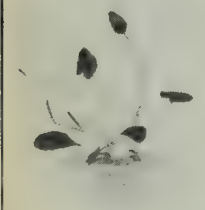
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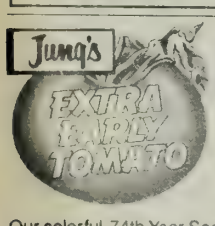
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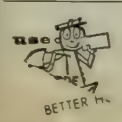




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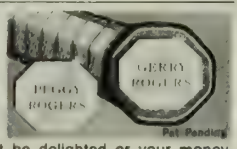
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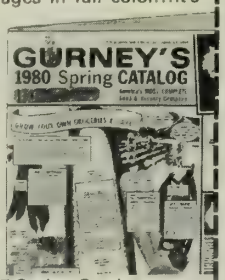
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The Man Next Door®

Lee Bayless says that since unemployment was one of the big issues in the election, it's fitting that many of the losing candidates will now be able to delve into the subject firsthand.

These chilly evenings, we let the phone ring a bit longer at Grandpa and Grandma's before deciding they're not home. We know it takes them awhile longer to unzip and get out of their snuggle sacks.

"Money doesn't talk these days," Christine lamented after our monthly bill-paying session, "it just sort of whimpers." Judging by the anemic condition of our checking account funds, I'd say "whimpers" is somewhat of an overstatement.

If the U.S. Army ever starts drafting women, our Rosemary says she'll insist that the top brass include a chief of staff *and* a chief of distaff. Generally speaking, I'd say that's fair enough.

Just when I was beginning to regret not being one of those early birds who started Christmas shopping months ago, Dottie Dresch set me straight. She pointed out that the folks who start their shopping early miss out on the free gift wrapping.



"What rock group are you with?"

It's a fact of life: Whenever someone in the family gets written up in the local paper, there's sure to be a 50-cents-off coupon on the other side of the page. I could have sworn I saw Chris cringe when she snipped out the photo of Burt, Jr.'s glee club forgoing a coffee coupon on the back.



"Smoking or nonsmoking?"

Just back from a planning session at church for next month's congregational dinner, Christine said she's learning that people who volunteer their advice usually don't want to volunteer anything else.

Like most people, I find the holiday season to be just about my favorite time of year. But sometimes the preparations can be exasperating—precisely because my expectations are so high.

For example, there is the matter of the Christmas tree. This year, I spotted a wonderfully bushy and symmetrical pine of just the right height at the tree lot. Burt, Jr., and I gingerly secured our prize atop the car and hauled the tree home—only to find we couldn't squeeze it through the doorway. The tree is parked on the porch until we find a solution that won't require us to amputate any limbs (from the tree).

Then there is the shroud of secrecy about Christmas gifts. Everyone has been furtively slipping into the house after shopping, their arms full of packages, and I'm admonished to look the other way. It seems I'm always in the wrong room at the wrong time—just when someone is wrapping the best-kept secret since the atom bomb. I can't even retrieve my boots from the shelf in the hall closet—Judy's claimed it as her gift depository.

Finally, there is the Christmas card dilemma. The cost of postage being what it is, Chris and I resolved this year to prune our list to the bare minimum. Then we unexpectedly heard from a long-lost cousin . . . then from a couple we thought had scratched us from their list . . . and so it went. As it turns out, we've mailed about a dozen more cards than last year.

Most such annoyances are humorous in retrospect. Many times the frustrations stem from wanting to replicate "perfect" traditional holidays we recall from years gone by. Actually, most of those Christmases seemed pretty harried at the time, too. Maybe we need to remind ourselves to savor the holiday —and each other—as we are in 1980.

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